

Lifeguard

KIN MAJ 134
ADVANCED LIFESAVING-
Fall 2022

This class provides training in lifesaving skills and students are certified in the latest American Red Cross Lifeguarding program. Lifeguard program certification includes cardiopulmonary resuscitation, first aid, automated external defibrillator (AED), oxygen administration, and lifeguard management procedures.

Transfer Credit: CSU, UC

HEALTH 046
BASIC LIFE SUPPORT CPR/AED FOR THE HEALTHCARE PROVIDER-
Spring 2023

Students learn the American Heart Association Basic Life Support (BLS) CPR/AED for the Healthcare Provider, including care of the adult, child, and infant.

Transfer Credit: CSU

KIN 202
LAP SWIMMING SKILLS-
SPRING 2023

Advanced swimmers improve their speed, strength, and endurance. Instructor directs organized, challenging workouts with all four competitive strokes. Students should be able to swim 50 yards, without stopping, in deep water using the freestyle stroke and rotary breathing. At the first pool session, students' swimming ability will be assessed to ensure minimum skills for participation.

Transfer Credit: CSU (CSUGE Area E), UC

WORK AS A CERTIFIED LIFEGUARD
SUMMER 2023

For more info, please contact:

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