

**SAN DIEGO
MIRAMAR
COLLEGE**

AND

**THE SAN DIEGO
REGIONAL
LIFEGUARD
TRAINING
PROGRAM**



**You Must Enroll in Both LFGD 101 and LFGD 101A Classes*
(*Unless currently EMR/EMT Certified)**

Spring 2024

**LFGD 101 – Introduction to Open
Water Lifeguarding**

CN: 54133

SAT/SUN/TUE/WED/TH/FRI (7:45 – 3:00 PM)

**MAR. 23, 24, APR. 2, 3, 4, 5, 6, 7 (MAKE UP APR. 13 &
14)**

CN: 54137

SAT/SUN (7:45 – 3:00 PM)

**APR. 13, 14, 20, 21, 27, 28, MY 4, 5 (MAKE UP MY. 11
& 12)**

SUMMER CLASS SCHEDULE

CN: (TBD)

MY. 28, 29, 30, 31, JN. 4, 5, 6, 7 (MAKE UP JN. 8 & 9)

**LFGD 101A – Emergency Medical
Care of the Sick and Injured**

CN: 54138

MON/WED/FRI (5:15 PM – 9:15 PM)

**FEB. 21, 23, 26, 28, MAR. 1, 4, 6, 8, 11, 13, 15, 18 &
20**

CN: 54139

MON/WED/FRI (5:15 PM – 9:15 PM)

**APR. 8, 9, 11, 15, 16, 18, 22, 23, 25, 29, 30, MY. 2,
& 6**

SUMMER CLASS SCHEDULE

CN: (TBD)

MY. 7, 9, 14, 16, 21, 23, 28, 30, JN. 4, 6, 11, 13, 18

SCAN TO LEARN MORE



Select: [Class Schedule](#)

Search Subject: LFGD – Lifeguarding

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