



Lifeguard Training



Who: Anyone over 15 years old who wants to become a lifeguard, or know how to be one.

Be able to:

- Swim continuously 300 meters
- ♦100 front crawl/freestyle
- ♦100 breast stroke
- ♦100 either or both strokes listed above.
- Retrieve a 10 lbs. brick from deep water in 1:40 or less.

\$350.00

These skills **must** be completed at the beginning of the first class of each session. Pretest, if you want to be sure that you will be able to pass. Proof of age also required.

What:

- First Aid
- CPR/AED for the Professional Rescuer
- Lifeguard Training Certification

This course takes 31 hours to complete. Bring swimsuit and towels to every class.

LIFEGUARD TRAINING REGISTRATION FORM 2007-2008

Name: _____ Birthdate _____ Age _____

Address: _____ Phone: _____

City, State: _____ Zip: _____ email: _____

Session Dates: _____ Amount Due: **\$350.00**

CHK # _____ CASH VISA/MC _____ EXP _____

Please make checks payable to MEADOWBROOK
Fax to: 410 433-0953
Or Mail to: POB 20801, Baltimore, MD 21209
Come to: 5700 Cottonworth Ave
410-383-0282

Lifeguard Training

Session Dates and Times

Full Course
\$350/ 31 hours

November
21,22,27,28,29
Sat, Sun, F, Sat, Sun
10am-4/5pm

December
26,27,28,29, 30
Saturday-Wednesday
10am-4/5pm

Review
\$275/ 15 hours

March
29,30,31,1,2
Monday-Friday
5pm-8pm

For more information,
contact
Jessi HolmanAhart
410-383-0282 or
holhart@mbrook.com

Those under
15 years old can get
started early with
(ages 10-13)

Ask about dates in
April and May

American Red Cross
GUARD
START
LIFEGUARDING TOMORROW

NO REFUNDS

- ◆ For cancellations less than 24 hrs before first class session.

Even if you don't:

- ◆ pass the pre-requisites
- ◆ attend all class sessions
- ◆ pass any of the tests

Plan accordingly.
Prerequisite pretest
available by request.