



# 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 2009-2010

Name: \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_ email: \_\_\_\_\_

Session Dates: \_\_\_\_\_ Amount Due: \$ \_\_\_\_\_

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  
410-433-8300

# Lifeguard Training

Session Dates and Times

**Full Course**  
**\$350/ 31 hours**

**March**  
5, 6, 7, 13, 14  
Fri 5pm-9pm  
Sat/Sun, Sat/Sun  
10am-4

**April**  
2, 3, 4, 10, 11  
Fri 5pm-9pm  
Sat/Sun, Sat/Sun  
10am-4

**May**  
1, 2, 8, 9  
Fri, April 30, 5pm-9pm  
Sat/Sun, Sat/Sun  
10am-4

For more information,  
contact  
**Jessi HolmanAhart**  
410-433-8300 or  
holhart@mbrook.com

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

April 24  
9-5pm

Or

May 16 and 23  
12-4pm



## 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.

**Lifeguarding Review**  
**\$275/ 15 hours**

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

**CPR/AED Review**  
**\$200/8 hours**

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