



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