

# LIFEGUARD TRAINING

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

## Must be able to:

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

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.

Lifeguarding  
full course - 31 hour

350\$

February 18, 19, 25 and 26th  
9am - 5pm

CPR & AED

REVIEW (4 hours)  
February 12th, 18th  
5pm - 9pm 120\$

FULL CLASS (8 hours)  
February 11th & 12th  
5pm - 9pm 180\$

For all informations please contact  
Meadowbrook at 410-433-8300 or visit our web site  
[www.mbrook.com](http://www.mbrook.com)

Meadowbrook reserves the right to cancel the class if there are not enough registered participants

