



# American Red Cross Lifeguarding Course

The American Red Cross Lifeguard Training course will certify you in Lifeguard Training, CPR/AED for the Professional Rescuer and First Aid. Students must be 15 years old by the last day of the course (proof of age required) and pass a pre-screen test (300-yard continuous swim with rhythmic breathing using front crawl or breast stroke; 10 lbs. brick retrieval within one minute forty seconds; and tread water using legs only for two minutes) on the first pool day in order to continue participation in class. Space is limited. Class sessions will be held at the Rockville Swim & Fitness Center, 355 Martins Lane. A detailed course schedule/syllabus will be provided on the first day of class. Students must attend all class sessions as scheduled. Class is co-taught with the City of Rockville; all classes are subject to change. If a student does not pass the pre-screen, a course fee refund minus \$15 administrative fee will be issued. For more information or winter break class schedule, e-mail Petra Padilla at [ppadilla@mvf.org](mailto:ppadilla@mvf.org).

## Lifeguard Training Course (Includes CPR/AED and First Aid)

**4015.110 \$185/Resident, \$195/Non-resident**

Registration closes Thursday, Feb. 20

Friday, Feb. 21	6 to 10 p.m.
Saturday, Feb. 22	2:30 to 9:30 p.m.
Friday, Feb. 28	6 to 9:30 p.m.
Saturday, Feb. 29	2:30 to 9:30 p.m.
Sunday, March 1	5 to 9 p.m.
Saturday, March 7	5 to 8 p.m.



## Lifeguard Training Course (Includes CPR/AED and First Aid)

**4015.202 \$185/Resident, \$195/Non-resident**

Registration closes Thursday, March 19

Friday, March 20	6 to 10 p.m.
Saturday, March 21	2:30 to 9:30 p.m.
Friday, March 27	6 to 9:30 p.m.
Saturday, March 28	2:30 to 9:30 p.m.
Friday, April 3	6:30 to 10 p.m.
Saturday, April 4	6 to 9 p.m.



## Lifeguard Training Course (MCPS Spring Break) (Includes CPR/AED and First Aid)

**4015.220 \$185/Resident, \$195/Non-resident**

Registration closes Tuesday, April 2

Saturday, April 4	3:30 to 5:30 p.m.
Monday, April 6	9 a.m. to 4 p.m.
Tuesday, April 7	9 a.m. to 4 p.m.
Wednesday, April 8	9 a.m. to 4 p.m.
Thursday, April 9	9 a.m. to 4 p.m.
Friday, April 10	10 a.m. to 1 p.m.

Successful Lifeguard Class participants are encouraged to apply for lifeguard positions with MVF. Apply online at [www.montgomeryvillage.com](http://www.montgomeryvillage.com).

**IMPORTANT:** If you plan to apply for a job opportunity with MVF, but register for a lifeguarding course with a different agency, make sure that it is American Red Cross training and that you will receive an actual American Red Cross Lifeguard Certificate. MVF follows American Red Cross standards and to be considered for a position with MVF, the American Red Cross Lifeguard Certificate is required.