



Together, we can save a life

# American Red Cross Lifeguard Training Winter 2010 Anchor Aquatics – Big Vanilla, Arnold



410-956-0744

### Dates & Times:

#### Session I:

Jan 12: 6pm – 8pm  
Jan 13: 5pm – 10pm  
Jan 14: 5pm – 10pm  
Jan 15: 5pm – 10pm  
Jan 16: 9am – 5pm  
Jan 17: 9am - 5pm

#### Session II:

Feb 16: 6pm – 8pm  
Feb 17: 5pm – 10pm  
Feb 18: 5pm – 10pm  
Feb 19: 5pm – 10pm  
Feb 20: 9am – 5pm  
Feb 21: 9am – 5pm

#### Session III:

Mar 23: 6pm - 8pm  
Mar 24: 5pm - 10pm  
Mar 25: 5pm - 10pm  
Mar 26: 5pm - 10pm  
Mar 27: 9am - 5pm  
Mar 28: 9am – 5pm

#### Session IV:

Apr 20: 6pm - 8pm  
Apr 21: 5pm - 10pm  
Apr 22: 5pm - 10pm  
Apr 23: 5pm - 10pm  
Apr 24: 9am - 5pm  
Apr 25: 9am – 5pm

#### Session V:

May 18: 6pm – 8pm  
May 19: 5pm – 10pm  
May 20: 5pm – 10pm  
May 21: 5pm – 10pm  
May 22: 9am -5pm  
May 23: 9am - 5pm

### Background:

In the Lifeguard Training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding techniques, such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim, and a passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful completion of the course requires participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or health care provider and your American Red Cross instructor.

### Prerequisites:

- ◆ You *MUST* be 15 years of age by the beginning of the first class.
- ◆ Pass a pre-course swimming skills test performing the following skills:
  1. Swim 300 yards continuously, using these strokes in the following order:
    - 100 Yards of Front Crawl using rhythmic breathing and a stabilizing, propellant kick.
    - 100 Yards Breaststroke using the pull, kick, glide method.
    - 100 Yards of either Front Crawl or Breaststroke (these 100 yards may be a mixture of Front Crawl or Breaststroke).
  2. Swim 20 yards using a front crawl, surface dive, retrieve a 10 pound object, return to the surface, and return to the starting point with the object. (Candidates must hold the object with *BOTH* hands and *MUST* keep his or her face above the water).

### Course Fees:

Class Registration, Instruction, and Certificates.....	\$180.00
Materials (Book & CPR Mask).....	\$45.00
(Make Check payable to Anchor Aquatics, Inc.) Total:.....	\$225.00

**Upon successfully completing this American Red Course Lifeguarding Course you will receive a CPR/AED for the Professional Rescuer certificate (valid for 1 year) and a Lifeguard Training certificate, which includes First Aid (valid for 3 years).** Participants must be 16 years of age and obtain a license from the Anne Arundel County Department of Health in order to work in Anne Arundel County.