



**American Red Cross
Central Maryland Chapter
And
Pine Valley Swim and Tennis Club**

MAY 2011 LIFEGUARD TRAINING

Participants will learn:

1. Skills and knowledge needed to prevent and respond to aquatic emergencies.
2. Recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.
3. CPR for the Professional Rescuer
4. First Aid

Participants must:

1. Be at least 15 years of age before the final day of the course.
2. Attend all sessions.
3. Successfully complete a precourse screening session which includes but is not limited to the following skills:

Swim 500 yards continuously, using these strokes in the following order:

- 200 yards front crawl using rhythmic breathing and a stabilizing, propellant kick
- 100 yards of breaststroke
- 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.

4. Successfully perform all required skills with 100% accuracy and pass all written tests with a test score of at least 80%.

Cost: \$200 Price includes course materials.

Training to be held at:
(As indicated below.)

Pine Valley Swim and Tennis Club
4638 White Marsh Road
Baltimore, MD 21237
info@pinevalleyswim.com
(410) 668-9888

Pine Ridge Swim Club
9230 Old Harford Road
Parkville, MD 21234

Below are the dates and times for training:

New Lifeguard Certification:	Please note location:
Friday, May 20, 2011	5 pm– 930 pm at Pine Ridge
Saturday, May 21, 2011	3 pm – 9 pm at Pine Valley
Sunday, May 22, 2011	9 am – 6 pm at Pine Valley
Monday, May 23, 2011	5 pm – 9 pm at Pine Valley
Tuesday, May 24, 2011	5 pm – 9 pm at Pine Ridge
Wednesday, May 25, 2011	5 pm – 9 pm at Pine Valley

Lifeguard Renewal:	Select one date
Friday, May 27, 2011	4 pm– 9 pm at Pine Ridge
Thursday, June 2, 2011	4 pm – 9 pm at Pine Ridge

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REGISTER BY MAIL: Please complete the registration information below and mail to:
Pine Valley Swim and Tennis Club
4638 White Marsh Road
Baltimore, MD 21237

REGISTER BY FAX: Please complete the registration information and fax to:
(410) 663-3654

MAY LIFEGUARD COURSE REGISTRATION FORM

Name: _____

Address: _____

City _____ Maryland Zipcode: _____ Birthdate: _____

Telephone: (____) _____ Email: _____

_____ New Lifeguard Certification (\$200)

_____ Lifeguard Renewal Certification (\$100)
(Current Certification Expires before September 2011, includes renewing First Aid & CPR)

Amount Enclosed: \$ _____

_____ Check enclosed (Make payable to Pine Valley Swim and Tennis Club)
(\$35 fee for checks returned to us by the bank.)

_____ Money Order _____ Master Card _____ Visa _____ Discover

Expiration Date: _____ 3 Digit Code # _____

Credit Card Number _____ - _____ - _____ - _____

Print Card Bearers Name as Appears on Credit Card _____

Card Bearers Signature: _____

Refunds must be requested at least 10 business days before start of training. Refunds requested after 10 business days will be subject to a processing fee of \$10. There will be no refund if you fail to show-up for training. Register and pay by May 1st. For inquiries, please call (410) 668-9888.