

## **Lifeguard Classes**

All candidates for Lifeguard Training must pass a pre-test before registering for the class. This test consists of:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete the following within 1 minute 40 seconds without goggles:
  - Starting in the water, swim 20 yards. The face may be in or out of the water.
  - Surface dive, feet or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates may not swim the distance underwater.
  - Exit the water without using a ladder or steps.

Please call Alisa Willoughby 301-663-5131 ext. 1283 to schedule your test.

Once this test has been successfully completed, you will be permitted to sign up for the class of your choice. You will also receive your book and information on accessing the Red Cross website for a pre-class reading assignment and video review assignment.

Recertification Candidates: Your certification must be current (not yet expired). You may register at the front desk or on-line. You must bring your mask to class. Please review the manual and videos on [redcross.org](http://redcross.org) before attending class.

Upon successful completion of the course, students will receive a 2 year certification in Red Cross Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer.

If you have questions or need additional information, please contact Alisa Willoughby at the number above. Thank you for your interest in our classes!

**FULL CLASS COST:**

Member \$250 Non-Member \$275 (includes mask and book)

**RECERT CLASS COST:**

Member \$150 Non-Member \$175 (does not include mask and book)

*MARCH 2019 FULL CLASS:*

Session: 19RC

Class Code: 5A33LG01

*Please bring suit and be ready to swim at every class.*

Wednesday, March 13 5:00-8:30 (Meet at Program House)

Friday, March 15 4:00-8:00 (Meet at Program House)

Sunday, March 17 12:00-7:00 (Meet at Program House)

Tuesday, March 19 3:30-6:00 (Meet at Program House)

Wednesday, March 20 6:00-8:30 (Meet at YMCA Pool)

Thursday, March 21 3:30-8:00 (Meet at Program House)

Friday, March 22 4:00-6:00 (Meet at YMCA Pool)

Sunday, March 24 3:00-6:00 Scenarios and TEST (Meet at Pool)

*MARCH 2019 RECERT CLASS*

Session 19RC

Class Code: 5A33LGREC01

*Please bring suit and be ready to swim at every class.*

Sunday, March 17 12:00-3:00 (Meet at Program House)

Tuesday, March 19 3:30-6:00 (Meet at YMCA Pool)

Wednesday, March 20 6:00-8:30 (Meet at YMCA Pool)

Thursday, March 21 3:30-8:00 (Meet at Program House)

Friday, March 22 4:00-6:00 (Meet at YMCA Pool)

Sunday, March 24 3:00-6:00 Scenarios and TEST (Meet at YMCA Pool)

*APRIL 2019 FULL CLASS:*

Session: 19RC

Class Code: 5A33LG02

*Please bring suit and be ready to swim at every class.*

Saturday, April 13 9:00-1:00 (Meet at Program House)

Sunday, April 14 8:00-11:00 (Meet at YMCA Pool)

Thursday, April 18 9:00-3:00 FCPS Closed (Meet at Program House)

Saturday, April 20 9:00-1:00 (Meet at Program House)

Monday, April 22 4:00-6:30 (Meet at YMCA Pool)

Wednesday, April 24 4:00-8:00 (Meet at YMCA Pool)

Thursday, April 25 4:00-8:00 (Meet at Program House)

Saturday, April 27 9:00am-12:00am TEST (Meet at YMCA Pool)

*APRIL 2019 RECERT CLASS*

Session 19RC

Class Code: 5A33LGREC02

*Please bring suit and be ready to swim at every class.*

Thursday, April 18 FCPS Closed 1:00-3:00 (Meet at YMCA Pool)

Saturday, April 20 9:00-1:00 (Meet at Program House)

Monday, April 22 4:00-6:30 (Meet at YMCA Pool)

Wednesday, April 24 4:00-6:15 (Meet at YMCA Pool)

Thursday, April 25 4:00-8:00 (Meet at Program House)

Saturday, April 27 9:00am-12:00am TEST (Meet at YMCA Pool)

*MAY 2019 FULL CLASS:*

Session: 19RC

Class Code: 5A33LG03

*Please bring suit and be ready to swim at every class.*

Saturday, May 4 9:00-4:00 (Meet at Program House)

Sunday, May 5 8:00-12:30 (Meet at YMCA Pool)

Saturday, May 11 9:00-4:00 (Meet at Program House)

Saturday, May 18 9:00-4:00 (Meet at Walkersville HS Pool)

Sunday, May 19 8:00-12:00 TEST

*MAY 2019 RECERT CLASS*

Session 19RC

Class Code: 5A33LGREC03

Friday, May 17 4:00-9:00 (Meet at Program House)

Saturday, May 18 9:00-4:00 (Meet at Walkersville HS Pool)

Sunday, May 19 8:00am-12:00am TEST (Meet at YMCA Pool)

*JUNE 2019 FULL CLASS:*

Session: 19RC

Class Code: 5A33LG04

*Please bring suit and be ready to swim at every class.*

Dates and times TBD.

*JUNE 2019 RECERT CLASS*

Session 19RC

Class Code: 5A33LGREC04

Dates and times TBD.