



# Anchor Aquatics 2018 Lifeguard Training Classes

**Call 410-956-0744 Now to Register!**

## Session 1

**January 3, Wed:** 7:30 pm - 9 pm  
**Jan 11, Thurs:** 5 pm - 10 pm  
**Jan 12, Fri:** 5 pm - 10 pm  
**Jan 13, Sat:** 9 am - 6 pm  
**Jan 14, Sun:** 11 am - 6 pm

## Session 2

**January 31, Wed:** 7:30 pm - 9 pm  
**Feb 8, Thurs:** 5 pm - 10 pm  
**Feb 9, Fri:** 5 pm - 10 pm  
**Feb 10, Sat:** 9 am - 6 pm  
**Feb 11, Sun:** 11 am - 6 pm

## Session 3

**February 28, Wed:** 7:30 pm - 9 pm  
**March 8, Thurs:** 5 pm - 10 pm  
**March 9, Fri:** 5 pm - 10 pm  
**March 10, Sat:** 9 am - 6 pm  
**March 11, Sun:** 11 am - 6 pm

## Session 4

**March 28, Wed:** 7:30 pm - 9 pm  
**April 5, Thurs:** 5 pm - 10 pm  
**April 6, Fri:** 5 pm - 10 pm  
**April 7, Sat:** 9 am - 6 pm  
**April 8, Sun:** 11 am - 6 pm

## Session 5

**April 25, Wed:** 7:30 pm - 9 pm  
**May 3, Thurs:** 5 pm - 10 pm  
**May 4, Fri:** 5 pm - 10 pm  
**May 5, Sat:** 9 am - 6 pm  
**May 6, Sun:** 11 am - 6 pm

***Note that the first day of class starts the week **prior** to remaining dates.***

**All classes are held at the Severna Park Community Center (formerly known as SPY) 623 Baltimore-Annapolis Blvd, Severna Park, MD 21146**

## 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

1. You **MUST** be 15 years of age by the beginning of the first class and pass a pre-course swimming skills test.
2. 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.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
  - Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first 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 should not swim the distance under water.
  - Exit the water without using a ladder or steps.

## Course Fees

Class Registration, Instruction, and Certificates.....	\$290.00
Materials (Book & CPR Mask) .....	<u>\$60.00</u>
<i>(Make Check payable to Anchor Aquatics, Inc.)</i> <b>Total: .....</b>	<b>\$350.00</b>

**Upon successfully completing this American Red Course Lifeguarding Course you will receive CPR/AED for the Professional Rescuer, First Aid, and Lifeguard Training certifications (all valid for 2 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.

For More information, see [www.anchoraquatics.com/lifeguards/](http://www.anchoraquatics.com/lifeguards/)

Or call 410-956-0744