



**American Red Cross Lifeguard Training
2023
Anchor Aquatics, Inc.**



Virtual & In-Person Training DATES AND TIMES
(Online Learning Must be completed prior to in-person training sessions)

Session 2:

Thursday March 16: 8:00 pm – 9:45 pm: Swim Test / Pool - AOSC
Monday March 20: 5 pm – 7 pm: Virtual Meeting – (Link to be sent via email prior to the meeting)
Friday March 24: 5 pm – 9 pm: Classroom - SPCC
Saturday March 25: 12 pm – 8 pm: Pool - SPCC
Sunday March 26: 12 pm – 5 pm: Pool - SPCC

Session 3:

Thursday April 13: 8:00 pm – 9:45 pm: Swim Test / Pool - AOSC
Monday April 17: 5 pm – 7 pm: Virtual Meeting – (Link to be sent via email prior to the meeting)
Friday April 21: 5 pm – 9 pm: Classroom - SPCC
Saturday April 22: 12 pm – 8 pm: Pool - SPCC
Sunday April 23: 12 pm – 5 pm: Pool - SPCC

Session 4:

Thursday April 27: 8:00 pm – 9:45 pm: Swim Test / Pool - AOSC
Monday May 1: 5 pm – 7 pm: Virtual Meeting – (Link to be sent via email prior to the meeting)
Friday May 5: 5 pm – 9 pm: Classroom - SPCC
Saturday May 6: 12 pm – 8 pm: Pool - SPCC
Sunday May 7: 12 pm – 5 pm: Pool - SPCC

There are **THREE** components to these sessions:

IN PERSON TRAINING – CLASSROOM & POOL - Location varies between the Annapolis and Severna Park areas.

- Severna Park Community Center (623 Baltimore Annapolis Blvd, Severna Park, MD)
- Arundel Olympic Swim Center (2690 Riva Rd, Annapolis, MD.)

VIRTUAL instruction links will be emailed prior to virtual session.

ONLINE LEARNING: Upon registration for the class you will receive an email with instructions on how to register for the Online Learning portion of the class. You must complete the online portion of the class in order to participate in the virtual and in-person training.

CALL 410-956-0744 to REGISTER



Together, we can save a life

American Red Cross Lifeguard Training 2023

Anchor Aquatics, Inc.



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 full participation in the online platform and the 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 and pass a pre-course swimming skills test.

- ◆ 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.
- ◆ 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.

Lifeguard Training Course Fee: 350.00

Includes: Lifeguard Training, First Aid, CPR and AED Class Registration, Instruction, and Certificate (Blended Learning), access to American Red Cross textbook, CPR mask, whistle, lanyard and fanny pack.

Lifeguard Recert Fee: 200.00

Includes: Lifeguard training, First Aid, CPR and AED Class Registration, Instruction, and Certificate (Blended Learning), and access to American Red Cross Textbook. Participant must bring their own, CPR mask, whistle, lanyard, and fanny pack.

Upon successfully completing this American Red Course Lifeguarding Course you will receive a Lifeguard Training certifications (valid for 2 years).

The participant agrees to save harmless Anchor Aquatics Inc. from any and all liabilities. The participant warrants and represents that he/she has no disability, impairment, or ailment preventing him/her from engaging in active or passive exercise, or that will be detrimental or adverse to such person's health, safety, or physical condition if he/she does so engage or participate. The participant acknowledges and agrees that Anchor Aquatics, Inc. shall have no obligation to perform fitness assessment or similar testing to determine the participant's physical condition. Each participant should be aware of his/her medical history and should consult with a physician prior to engaging exercise or continuing to exercise if a medical condition appears or appears to be developing.

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