



# Rockville Swim and Fitness Center

## Lifeguard Training Schedule

### Summer 2022



## Become a Lifeguard!

The American Red Cross Lifeguard Training course prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students **must be 15 years old by the last day of the course** (proof of age required) and **pass a pre-screen test** (300-yard continuous swim with rhythmic breathing using front crawl or breaststroke, 10 lbs. brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Space is very limited. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). A detailed Course Schedule / Syllabus will be provided on the first day of class. Students MUST attend all class sessions and complete the online component as scheduled.

<b>Lifeguard Training</b>	\$195.00	All Materials Included
<b>Lifeguard Training Re-Certification</b>	\$125.00	Materials NOT Included

### REGISTRATION INFORMATION:

Fill out the form on the reverse side of this flyer. You can register **in person** at any City of Rockville Recreation and Parks Facility, **on-line** at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration), **by fax** (240-314-8759), or **by mail** (355 Martins Lane Rockville MD 20850). Payment is due at the time of registration. If you have any questions, please call the Rockville Swim and Fitness Center at 240-314-8750 or email: [swimcenter@rockvillemd.gov](mailto:swimcenter@rockvillemd.gov). Make checks payable to: "The City of Rockville".

#### Lifeguard Training Course #23338

Day	Date	Times
Monday	6/6/22	7:30pm-9:00pm
Online learning component (approximately 7-8 hours) required to be completed between 6/6-6/10. Online link to be distributed to students at the first class.		
Friday	6/10/22	5:00pm-9:00pm
Saturday	6/11/22	1:00pm-9:00pm
Sunday	6/12/22	1:00pm-9:00pm

#### Lifeguard Training Course #23341

Day	Date	Times
Monday	7/11/22	6:30pm-8:00pm
Online learning component (approximately 7-8 hours) required to be completed between 7/11-7/15. Online link to be distributed to students at the first class.		
Friday	7/15/22	5:00pm-9:00pm
Saturday	7/16/22	1:00pm-9:00pm
Sunday	7/17/22	12:00pm-9:00pm

#### Lifeguard Training Course #23339

Day	Date	Times
Monday	6/13/22	7:30pm-9:00pm
Online learning component (approximately 7-8 hours) required to be completed between 6/13-6/17. Online link to be distributed to students at the first class.		
Friday	6/17/22	5:00pm-9:00pm
Saturday	6/18/22	1:00pm-9:00pm
Sunday	6/19/22	1:00pm-9:00pm

#### Lifeguard Training Course #23342

Day	Date	Times
Monday	7/18/22	7:30pm-9:00pm
Online learning component (approximately 7-8 hours) required to be completed between 7/18-7/22. Online link to be distributed to students at the first class.		
Friday	7/22/22	6:00pm-9:00pm
Saturday	7/23/22	1:00pm-9:00pm
Sunday	7/24/22	12:00pm-9:00pm

#### Lifeguard Training Course #23340

Day	Date	Times
Monday	6/27/22	6:30pm-8:00pm
Online learning component (approximately 7-8 hours) required to be completed between 6/27 – 6/30. Online link to be distributed to students at the first class.		
Thursday	6/30/22	4:00pm-9:00pm
Friday	7/1/22	5:00pm-9:00pm
Saturday	7/2/22	3:00pm-9:00pm
Sunday	7/3/22	5:00pm-9:00pm

#### Lifeguard Training Course #23343

Day	Date	Times
Thursday	7/28/22	7:30pm-9:00pm
Online learning component (approximately 7-8 hours) required to be completed between 7/28 – 8/1. Online link to be distributed to students at the first class.		
Monday	8/1/22	2:00pm-9:00pm
Tuesday	8/2/22	5:00pm-9:00pm
Wednesday	8/3/22	5:00pm-9:00pm
Thursday	8/4/22	5:00pm-9:00pm

**Re-Certification Class Note:**

Students registering for a re-certification (review) class must present their **American Red Cross Lifeguard Training/CPR/AED/First Aid** certification card on the first day of class as well as their online component completion documentations. Certifications must be current (or expired by no more than 30 days) in order to participate in a re-certification class. Students must bring their CPR mask to class.

Lifeguard Re-Certification Course [#23334](#)

Day	Date	Times
Online learning component required to be completed before 5/29. Online link to be distributed to students via email.		
Sunday	5/29/22	9:00am-7:00pm

Lifeguard Re-Certification Course [#23336](#)

Day	Date	Times
Online learning component required to be completed before 7/9. Online link to be distributed to students via email.		
Saturday	7/9/22	2:00pm-11:00pm

Lifeguard Re-Certification Course [#23335](#)

Day	Date	Times
Online learning component required to be completed before 6/25. Online link to be distributed to students via email.		
Saturday	6/25/22	2:00pm-11:00pm

Lifeguard Re-Certification Course [#23337](#)

Day	Date	Times
Online learning component required to be completed before 7/30. Online link to be distributed to students via email.		
Saturday	7/30/22	2:00pm-11:00pm

During all day classes, **make sure to bring a water bottle, snacks and a bag lunch.** We will try to give you an extended break for lunch, but because of the intensity of the class, we cannot guarantee a lunch break.

You **MUST** be able to attend all classes as scheduled for your selected course.

# Registration Form | Formulario de inscripción

**\*Required Info | Info Requerida**

Check here if this is a new address, phone number or email address.  
 Please print. This form may be copied.

Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Esta formulario puede ser reproducido.

## Contact Information | Información del contacto

<b>Last Name   Apellido*</b>	<b>First Name   Nombre*</b>	<b>Birthday   Fecha de nacimiento (mm/dd/yy)*</b>	<b>Email*</b>
<b>Address   Dirección*</b>		<b>City   Ciudad*</b>	<b>State   Estado*</b>
		<b>Zip   Código postal*</b>	
<b>Home Phone   Teléfono de Casa*</b>		<b>Work Phone   Teléfono de Trabajo</b>	<b>Cell Phone   Celular</b>

## Emergency Contact | Contacto de Emergencia

For participants under 18 | Participantes menor de edad

<b>Name   Nombre*</b>	<b>Relationship   Relación*</b>	<b>Phone   Teléfono*</b>
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fee Costo*

Rec Fund   Fondo de rec: \$ _____	Sr. Cit. Mem   Centro de Ancianos: \$ _____	Multi-Course Discount   Descuento por asistencia a varios cursos: \$ _____	\$10 _____
\$25 _____ \$50 _____	Other \$ _____	Contribution to Recreation Fund/Youth Scholarship   Contribución adicional al Fondo de recreación: \$ _____	

<b>Processed by:</b>	<b>Date Processed:</b>	<b>Total Paid \$:</b>	<b>Total Amount Due: Cantidad Total:</b>
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**Program Modifications: Participants with disabilities should contact our office prior to activity.**

## Payment | Pago

<b>Name on Card   Nombre en la tarjeta</b>	<b>Credit Card Number   Número en la Tarjeta de Crédito</b>	<b>Security Code   Código de Seguridad</b>	<b>Expiration Date   Fecha de Expiración</b>
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**Para: Apellido (if different than above)  
 Dirección del Pagador (if es diferente que la de arriba)**

<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	<b>City   Ciudad</b>	<b>State   Estado</b>	<b>Zip   Código Postal</b>
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**Cardholder Signature | Firma del Dueño de la Tarjeta**

### Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotaped while of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address, you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante esté en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera devolvase de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_