



Rockville Swim and Fitness Center

Lifeguard Training Schedule Winter / Spring 2026



Become a Lifeguard!

The American Red Cross Lifeguard Training course prepares 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** (Complete a continuous swim-tread-swim sequence: Jump into the water, submerge, resurface and swim 150 yards (using the front crawl, breaststroke or a combination of both), stop and maintain position with head above the surface of the water for 2 minutes by treading water using only the legs, then swim 50 yards using the front crawl, breaststroke or a combination of both. Complete a timed event within 1 minute 40 seconds by starting in the water, swimming 20 yards, surface dive (feet-first or head-first) to a depth of 7 to 12 feet to retrieve a 10-pound object, and return to the surface and swim 20 yards on the back to return to the starting point holding the object at the surface with both hands exit the water without using a ladder or steps. Goggles can be used for the swim-tread-swim, but not for the timed brick retrieval event) 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 a \$15 administrative fee, can be issued. 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 as scheduled.

Lifeguard Training	\$215.00	All Materials Included
Lifeguard Training Re-Certification	\$145.00	Materials NOT Included

REGISTRATION INFORMATION:

You can register **in person** at any City of Rockville Recreation and Parks Facility, **online** at www.rockvillemd.gov/registration, 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. Make checks payable to: "The City of Rockville".

Lifeguard Training Course #39631

Day	Date	Times
Wednesday	1/21/26	8:30pm - 10:00pm
Online learning component (approximately 6 hours) required to be completed by 1/24. Online link to be distributed to students by the first class.		
Saturday	1/24/26	1:30pm - 10:00pm
Saturday	1/31/26	1:30pm - 10:00pm
Wednesday	2/4/26	7:00pm - 10:00pm

Lifeguard Training Course #38918

Day	Date	Times
Wednesday	2/11/26	8:30pm - 10:00pm
Online learning component (approximately 6 hours) required to be completed by 2/14. Online link to be distributed to students by the first class.		
Saturday	2/14/26	1:30pm - 10:00pm
Saturday	2/21/26	1:30pm - 10:00pm
Wednesday	2/25/26	7:00pm - 10:00pm

Lifeguard Training Course #38919

Day	Date	Times
Wednesday	3/4/26	8:30pm - 10:00pm
Online learning component (approximately 6 hours) required to be completed by 3/7. Online link to be distributed to students by the first class.		
Saturday	3/7/26	1:30pm - 10:00pm
Saturday	3/14/26	1:30pm - 10:00pm
Wednesday	3/18/26	7:00pm - 10:00pm

Lifeguard Training Course #38917 (MCPS Spring Break)

Day	Date	Times
Wednesday	3/25/26	6:00pm - 7:30pm
Online learning component (approximately 6 hours) required to be completed by 3/28 Online link to be distributed to students by the first class.		
Saturday	3/28/26	2:30pm - 9:30pm
Monday	3/30/26	8:30am - 3:30pm
Tuesday	3/31/26	8:30am - 2:30pm

Lifeguard Training Course #38921 (MCPS Spring Break)

Day	Date	Times
Thursdays	3/26/26	6:00pm - 7:30pm
Online learning component (approximately 6 hours) required to be completed by 4/1. Online link to be distributed to students by the first class.		
Wednesday	4/1/26	8:30am - 3:30pm
Thursdays	4/2/26	8:30am - 3:30pm
Friday	4/3/26	8:30am - 2:30pm

Lifeguard Training Course #38922

Day	Date	Times
Wednesday	4/8/26	8:30pm - 10:00pm
Online learning component (approximately 6 hours) required to be completed by 4/11. Online link to be distributed to students by the first class.		
Saturday	4/11/26	1:30pm - 10:00pm
Saturday	4/18/26	1:30pm - 10:00pm
Wednesday	4/22/26	7:00pm - 10:00pm

**Turnover for Additional Courses
and Recertifications!!**



Lifeguard Training Course #38916

Day	Date	Times
Thursdays	4/9/26 – 5/14/26	7:00pm - 10:35pm
Online learning component (approximately 6 hours) required to be completed by 4/16. Online link to be distributed to students by the first class.		

Class Notes:

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.

Lifeguard Training Course #38920

Day	Date	Times
Wednesday	4/29/26	8:30pm-10:00pm
Online learning component (approximately 6 hours) required to be completed by 5/2. Online link to be distributed to students by the first class.		
Saturday	5/2/26	1:30pm-10:00pm
Saturday	5/9/26	1:30pm-10:00pm
Wednesday	5/13/26	7:00pm-10:00pm



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Lifeguard Recertification Course #39630

Day	Date	Times
Online learning component required to be completed before 2/28. Online link to be distributed to students via email.		
Saturday	2/28/26	1:30pm - 10:45pm

Lifeguard Recertification Course #38909

Day	Date	Times
Online learning component required to be completed before 3/21. Online link to be distributed to students via email.		
Saturday	3/21/26	1:30pm - 10:45pm

Lifeguard Recertification Course #38907

Day	Date	Times
Online learning component required to be completed before 3/30. Online link to be distributed to students via email.		
Monday	3/30/26	4:00pm - 8:30pm
Tuesday	3/31/26	4:00pm - 8:45pm

Recertification Class Note:

Students registering for a recertification class must present their **American Red Cross Lifeguard** certification on the first day of class. Certifications must be current (or expired by no more than 30 days) to participate in a recertification class. Shallow Water Only Lifeguard certifications will not suffice. Students must also bring their CPR mask to class.

The City of Rockville is currently hiring Lifeguards, Swim Instructors, Front Desk staff, and Support Staff for the school year and summer seasons.

We offer great pay and a professional atmosphere. Safety training course fees may be discounted to staff – ask for details.

Ask your instructor more about employment. Applications are also available online at www.rockvillemd.gov/careers.

Call 250-314-8750 or email swimcenter@rockvillemd.gov for more information.



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