



Rockville Swim and Fitness Center

Lifeguard Training Schedule

Summer 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:

Fill out the form on attached to this flyer. You can register **in person** at any City of Rockville Recreation and Parks Facility, **on-line** 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 #40359](#)

Day	Date	Times
Monday	6/1/26	7:30pm-9:00pm
Online learning component (approximately 6 hours) required to be completed by 6/5. Online link to be distributed to students by the first class		
Friday	6/5/26	5:00pm-9:00pm
Saturday	6/6/26	1:00pm-9:00pm
Sunday	6/7/26	1:00pm-9:00pm

[Lifeguard Training Course #40361](#)

Day	Date	Times
Monday	7/6/26	7:30pm-9:00pm
Online learning component (approximately 6 hours) required to be completed by 7/10. Online link to be distributed to students by the first class		
Friday	7/10/26	5:00pm-9:00pm
Saturday	7/11/26	1:00pm-9:00pm
Sunday	7/12/26	1:00pm-9:00pm

[Lifeguard Training Course #40363](#)

Day	Date	Times
Monday	6/8/26	7:30pm-9:00pm
Online learning component (approximately 6 hours) required to be completed by 6/12. Online link to be distributed to students by the first class		
Friday	6/12/26	5:00pm-9:00pm
Saturday	6/13/26	1:00pm-9:00pm
Sunday	6/14/26	1:00pm-9:00pm

[Lifeguard Training Course #40362](#)

Day	Date	Times
Monday	7/13/26	7:30pm-9:00pm
Online learning component (approximately 6 hours) required to be completed by 7/17. Online link to be distributed to students by the first class		
Friday	7/17/26	5:00pm-9:00pm
Saturday	7/18/26	1:00pm-9:00pm
Sunday	7/19/26	1:00pm-9:00pm

[Lifeguard Training Course #40360](#)

Day	Date	Times
Monday	6/22/26	7:30pm-9:00pm
Online learning component (approximately 6 hours) required to be completed by 6/26. Online link to be distributed to students by the first class		
Friday	6/26/26	5:00pm-9:00pm
Saturday	6/27/26	1:00pm-9:00pm
Sunday	6/28/26	1:00pm-9:00pm

[Lifeguard Training Course #40358](#)

Day	Date	Times
Monday	7/20/26	7:30pm-9:00pm
Online learning component (approximately 6 hours) required to be completed by 7/24. Online link to be distributed to students by the first class		
Friday	7/24/26	5:00pm-9:00pm
Saturday	7/25/26	1:00pm-9:00pm
Sunday	7/26/26	1:00pm-9:00pm

Turn over for Recertifications Courses and additional details!



Recertification Class Note:

Students registering for a re-certification (review) class must present their **American Red Cross Lifeguard Training/CPR/AED/First Aid** certification on the first day of class as well as their online component completion documentation. Certifications must be current (or expired by no more than 30 days) in order to participate in a recertification class. Shallow Water Only Lifeguard certifications will not suffice. Students must bring their CPR mask to class.

Lifeguard Recertification Course #38910		
Day	Date	Times
Online learning component required to be completed before 5/10. Online link to be distributed to students via email.		
Sunday	5/10/26	12:30pm - 9:45pm

Lifeguard Training Course #40355		
Day	Date	Times
Online learning component required to be completed before 7/5. Online link to be distributed to students via email.		
Sunday	7/5/26	1:30pm-10:45pm

Lifeguard Recertification Course #38911		
Day	Date	Times
Online learning component required to be completed before 5/24. Online link to be distributed to students via email		
Sunday	5/24/26	9:00am - 6:15pm

Lifeguard Training Course #40357		
Day	Date	Times
Online learning component required to be completed before 8/1. Online link to be distributed to students via email.		
Saturday	8/1/26	1:30pm-10:45pm

Lifeguard Training Course #40356		
Day	Date	Times
Online learning component required to be completed before 6/20. Online link to be distributed to students via email.		
Saturday	6/20/26	1:30pm-10:45pm



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.

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

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

Ask your instructor more about employment. Applications are also available on-line at

www.rockvillemd.gov/careers.



***Required Info | Info Requerida**

Check here if this is a new address, phone number or email address. Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Esta formulario puede ser reproducido.
Please print. This form may be copied.

Contact Information | Información del contacto

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

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*	Relationship Relación*	Phone Teléfono*
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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	Fees* Costo*

Rec Fund Fondo de rec.: \$ _____	Sr. Ctr. 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: \$ _____

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

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
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 videotapes made 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.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está 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 derivarse 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.

* Signature of Participant/Guardian | Firma del participante/tutor _____