

American Red Cross Lifeguard Training Class

BLENDDED LEARNING (on-line and in-person training)

(!!SOCIAL DISTANCING WILL BE FOLLOWED!!)

May 21, 22, 23, 2021

Location: Stratford Recreation Association

Cost 339.00\$, write checks to MVPS, LLC

May 21: 4pm-9pm (Stratford Recreation Association)

May 22: 8am-8pm (Stratford Recreation Association)

May 23: 8am-6pm (Stratford Recreation Association)

Certificates will be valid for 2 years

This course will consist of Lifeguarding, First Aid, and CPR & AED

Prerequisites: Must be 15 years old on or before the final scheduled session of this course; Swim 300 yards continuously demonstrating breath control and rhythmic breathing; Tread water for 2 minutes using only the legs; Complete a timed event within 1:40 – swim 20 yards, surface dive to 7-10 feet, retrieve a 10 pound object and swim 20 yards on back to starting point and exit the water without the use of a ladder or steps.

To Pass this Course: Attend and participate in all class sessions (on-line & in-person); Demonstrate competency in all required skills and activities; Demonstrate competency in all required final rescue skill scenarios; Pass both the Section 1 – CPR/AED for the Professional Rescuer and First Aid and Section 2 – Lifeguarding Skills final written exams with minimum grades of 80 percent.

What to bring: several towels, swim suit, goggles, (if long hair a swim cap or hair tie), warm clothing—sweats, sweat shirt, sweat pants, pen and pencil, notebook. Bring food!!

POC: Mark Murray, President, Mt. Vernon Pool Service, swmmurray@yahoo.com or 240-605-7421

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Name: _____

Address: _____

Birth Date: _____

Phone: _____ Email _____

To register mail payment and form to:

MVPS

3736 Mary Evelyn Way

Alexandria, VA 22309