

American Red Cross Training Courses

Lifeguard Training *(includes Lifeguard Training, First Aid, CPR/AED)* **\$185**

Session 6

Sat., Feb. 29: 12:30 - 6:30p.m.
Sun., Mar. 1: 9 - 3:30p.m.
Sat., Mar. 7: 12:30 - 6:30p.m.
Sun., Mar. 8: 9 - 3p.m.
Sat., Mar. 14: 1 - 4p.m.

Session 7

Sat., Mar. 21: 12:30 - 6:30p.m.
Sun., Mar. 22: 9 - 3:30p.m.
Sat., Mar. 28: 12:30 - 6:30p.m.
Sun., Mar. 29: 9 - 3p.m.
Sat., Apr. 18: 1 - 4p.m.

Session 8

Mon., Apr. 6: 9 - 3:30p.m.
Tues., Apr. 7: 9 - 3:30p.m.
Wed., Apr. 8: 9 - 3:30p.m.
Thurs., Apr. 9: 9 - 3:30p.m.
Fri., Apr. 10: 10 - 1p.m.

To participate in the course, the Red Cross requires the following prerequisite (pre-course):

- Swim 300 meters (not timed, non-stop) any combination of freestyle and/or breaststroke
- Tread water for 2 minutes using legs only
- Swim 20 yards, pick up a 10lb. brick from a depth of 7 - 10', and swim back to the starting point on your back with both hands on the brick, exit the pool without using the ladder.

Lifeguard Training Review *(certification must be current to take the course)* **\$120**

Session 6

Sun., Mar. 1: 10:30 - 3:30p.m.
Sat., Mar. 7: 1:30 - 6:30p.m.

Session 7

Sun., Mar. 22: 10:30 - 3:30p.m.
Sat., Mar. 28: 1:30 - 6:30p.m.

Session 8

Tues., Apr. 7: 10:30 - 3:30p.m.
Wed., Apr. 8: 10:00 - 3:30p.m.

Note: Students must bring a CPR mask with them. A new mask can be purchased at the class for \$20.

CPR/AED for Professional Rescuers & Healthcare Providers **\$85**

Session 6

Sun., Mar. 1: 9 - 3:30p.m.

Session 7

Sun., Mar. 22: 9 - 3:30p.m.

Session 8

Tues., Apr. 7: 9 - 3:30p.m.

Note: Review and "Challenge" courses for CPR are available. Please call for details.

All courses are located at:

Quince Orchard Swim & Tennis Club
16601 Roundabout Drive
Gaithersburg, MD 20878

Contact Pam Champion at (301) 213-3946 or
ChampionSwimClub@yahoo.com for more information.



Proud provider of American Red Cross Health and Safety Training

The American Red Cross requires at least 5 students for a class to run. Registration forms and payment must be received at least one week prior to the class start date. If there are not enough students registered and paid by this time, you will be notified and fully refunded.

Cancellation

7 Days' Notice	4 – 6 Days' Notice	0 – 3 Days' Notice
Full Refund	Refund minus \$25 fee	No refund

Illness

If a student becomes ill and is unable to complete the course, a class credit will be issued and must be used within 3 months of the issue date.

Prerequisite

If a student is unable to complete the required pre-course on the first day of class, the options are:

1. Receive a refund minus a \$25 pre-course/administrative fee
2. Continue with the class and re-attempt the pre-course before the last day of the class

Note: If a student chooses to continue with the course and is unable to complete the pre-course, no refund will be issued.

Payment

Cash or check. Checks are made payable to:

Champion Swim Club, Inc.

Mail completed registration form and payment to:

**Pamela Champion
4401 Moleton Drive
Mount Airy, MD 21771**

Participant Information

Name: _____

Date of Birth: _____

Address: _____

Phone: _____

Email: _____

Medical Conditions, Allergies: _____

Parent's Name: _____

Phone: _____

Email: _____

Course Type (choose one):

Lifeguard Training (LGT)

LGT Review *cert. exp. date:* _____

CPR for Prof. Resc. & HC Providers

Session (choose one):

Session 6

Session 7

Session 8

I have read, understand, and agree to the administrative policies and procedures listed above and provided at ChampionSwimClub.com.

Signature: _____

Date: _____

