



Lifeguard Training



LIFEGUARD TRAINING

The American Red Cross Lifeguard Training course certifies you 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 either front crawl or breast; 10 lbs brick retrieval within one minute, forty seconds) and tread water using legs only for two minutes on the first day in order to take class. Contact The Aquatics Office (301-258-6445 or aquatics@gaitHERsburgmd.gov) for more details. If you do not pass the pre-screen, you will be issued a full refund. Space is very limited. On certain days, class may be split between two locations. Transportation is the responsibility of the student. A detailed Course Schedule/Syllabus is provided on the first day of class. Students MUST attend all scheduled class sessions.

Age: 15 to Adult

45606	Monday	12/26	9-4pm	GAC
	Tuesday	12/27	9-4pm	GAC
	Wednesday	12/28	9-4pm	GAC
	Thursday	12/29	9-4pm	GAC
	Friday	12/30	9-4pm	GAC
	Saturday	12/31	9-1pm	GAC

FEES (includes materials)
\$185 Members/ \$195 Nonmembers

LIFEGUARD TRAINING & CPR/AED RE-CERTIFICATION

This course is a review course for those who need to renew their lifeguard training, CPR/AED and First Aid certification. The class is a very intense review. 100% attendance is mandatory. Participants must come to each class prepared with CURRENT lifeguard card, lifeguard book and CPR masks. (Books and masks are available for purchase at the first class.) Students registering for a re-certification class must present their American Red Cross certification card at the first class. Certifications must be current in order to participate in a re-certification class.

Age: 15 to Adult

45607	Friday	11/25	9-5pm	GAC
	Saturday	11/26	9-1pm	Activity Center Bohrer Park
45608	Saturday	12/31	9-5pm	GAC
	Monday	1/2	9-1pm	Activity Center Bohrer Park

FEES (materials available for purchase)
\$115 Members/ \$125 Nonmembers



CLASS REGISTRATION FORM

This registration form may be used to register for all classes listed in the Go Gaithersburg Guide. Multiple registrations may be included on one form for members of the same family. Unsigned forms will be returned and not processed.

MAIN CONTACT

Check here if new address/phone since last time registered.

Last Name _____ First Name _____ M F

Address _____ Apt. # _____

City/State/Zip _____

Home Phone _____ Work Phone _____ City Resident Nonresident

Cell Phone _____ E-mail _____

Do you wish to receive quarterly E-newsletters? Yes No

PARTICIPANTS

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Age	Activity/ Class Name	Activity #	Start Date	Day	Time	Res. Fee	Non Res. Fee	Total
<i>Example: Smith, Mary</i>	<i>F</i>	<i>02/14/00</i>	<i>16</i>	<i>Healthy Living</i>	<i>12345</i>	<i>04/08</i>	<i>Thu.</i>	<i>5 p.m.</i>	<i>\$00.00</i>	<i>\$00.00</i>	<i>\$00.00</i>
TOTAL \$											

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made two weeks prior to the start of the program. Please call 301-258-6350 to indicate what accommodations are needed.

I hereby grant permission for me/my child to attend the activity sponsored by the City of Gaithersburg. I understand that I am responsible for me/my child's insurance in case of injury. Furthermore, I understand that although safety precautions will be observed, the City of Gaithersburg, employees and agents will not be responsible for any personal property lost by me/my child or for any injury sustained in the program. I also consent to the City's use of any photographs and/or video tapes made of the program.

Print Participant or Parent/Guardian Name

Signature of Participant or Parent/Guardian

PAYMENT Amount Paid \$ _____ Cash <input type="checkbox"/> Check # _____ Visa/MC/DISC/AMEX# _____ Exp.Date ___/___ Signature (name on card) _____ Print Name _____

OFFICE USE ONLY: Rec'd: _____ Initials _____ W M F Resident: Y N Pr: _____ Date _____
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WAYS TO REGISTER



1. INTERNET: www.gaithersburgmd.gov/recxpress

Use the **RecXpress System** to register online the first day of registration. RecXpress may not be used to register once classes have started.

PREPARE AHEAD FOR ONLINE REGISTRATION

Go to www.gaithersburgmd.gov/recxpress to create an account. Click on Create New and complete the information. Your login ID will be sent to your email address within 1-2 business days.

ALREADY A MEMBER BUT FORGOT YOUR LOGIN AND PASSWORD?

Go to www.gaithersburgmd.gov/recxpress and click on Login tab, click the Forgot My Password/Login ID and enter your email address and the information will be forwarded to you.

NOTE: The numbers of participants registered and spaces open that are listed online DO NOT always reflect accurate counts. This is due to some classes being co-sponsored with other agencies.

2. FAX: 301-948-8364

Fax completed registration form with Visa, Discover, Mastercard or American Express information. Available 24 hrs. a day!

3. MAIL: Mail completed registration form and appropriate fee (include check or credit card information) to:

City of Gaithersburg
 506 S. Frederick Ave.
 Gaithersburg, MD 20877
 ATTN: Class Registration

4. WALK-IN: Register in person at the Parks, Recreation & Culture office at the Activity Center at Bohrer Park, 506 S. Frederick Ave.

Monday-Friday 6 a.m. – 9 p.m.
 Saturday 8 a.m. – 9 p.m.
 Sunday 8 a.m. – 4 p.m.

Payment by cash, check or credit card is accepted for walk-in registrations.