



SAFETY TRAINING

2009-2010

Germantown Indoor Swim Center (GISC)	240-777-6830
Martin Luther King, Jr. Swim Center (MLK)	240-777-8060
Montgomery Aquatic Center (MAC)	240-777-8070
Olney Swim Center (OSC)	301-570-1210

MCRD-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Lifeguard Training

\$175

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer, First Aid and AED. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR and AED for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The pre-course consists of 300 meter swim (100 front crawl, 100 breaststroke, 100 either front crawl or breaststroke); and swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 1: Course 254715			
Pre-course	Wednesday, Oct. 7, 2009	8:00pm	9:30pm
Session 1	Sunday, Oct. 11, 2009	10:00am	1:00pm
Session 2	Sunday, Oct. 11, 2009	1:30pm	4:30pm
Session 3	Wednesday, Oct. 14, 2009	6:30pm	9:30pm
Session 4	Sunday, Oct. 18, 2009	10:00am	1:00pm
Session 5	Sunday, Oct. 18, 2009	1:30pm	4:30pm
Session 6	Wednesday, Oct. 21, 2009	6:30pm	9:30pm
Session 7	Sunday, Oct. 25, 2009	10:00am	1:00pm
Session 8	Sunday, Oct. 25, 2009	1:30pm	4:30pm
Session 9	Sunday, Nov. 1, 2009	10:00am	1:00pm
Session 10	Sunday, Nov. 1, 2009	1:30pm	4:30pm

LGT 3: Course 254717

Pre-course	Wednesday, Mar. 24, 2010	8:00pm	9:30pm
Session 1	Monday, Mar. 29, 2010	2:00pm	5:30pm
Session 2	Monday, Mar. 29, 2010	6:00pm	9:00pm
Session 3	Tuesday, Mar. 30, 2010	2:00pm	5:30pm
Session 4	Tuesday, Mar. 30, 2010	6:00pm	9:00pm
Session 5	Wednesday, Mar. 31, 2010	2:00pm	5:30pm
Session 6	Wednesday, Mar. 31, 2010	6:00pm	9:00pm
Session 7	Thursday, Apr. 1, 2010	2:00pm	5:30pm
Session 8	Thursday, Apr. 1, 2010	6:00pm	9:00pm
Session 9	Friday, Apr. 2, 2010	2:00pm	5:30pm
Session 10	Friday, Apr. 2, 2010	6:00pm	9:00pm

LGT 2: Course 254716

Pre-course	Wednesday, Jan. 27, 2010	8:00pm	9:30pm
Session 1	Sunday, Jan. 31, 2010	10:00am	1:00pm
Session 2	Sunday, Jan. 31, 2010	1:30pm	4:30pm
Session 3	Wednesday, Feb. 3, 2010	6:30pm	9:30pm
Session 4	Sunday, Feb. 7, 2010	10:00am	1:00pm
Session 5	Sunday, Feb. 7, 2010	1:30pm	4:30pm
Session 6	Wednesday, Feb. 10, 2010	6:30pm	9:30pm
Session 7	Sunday, Feb. 14, 2010	10:00am	1:00pm
Session 8	Sunday, Feb. 14, 2010	1:30pm	4:30pm
Session 9	Sunday, Feb. 21, 2010	10:00am	1:00pm
Session 10	Sunday, Feb. 21, 2010	1:30pm	4:30pm

LGT 4: Course 254718

Pre-course	Wednesday, Apr. 7, 2010	8:00pm	9:30pm
Session 1	Sunday, Apr. 11, 2010	10:00am	1:00pm
Session 2	Sunday, Apr. 11, 2010	1:30pm	4:30pm
Session 3	Wednesday, Apr. 14, 2010	6:30pm	9:30pm
Session 4	Sunday, Apr. 18, 2010	10:00am	1:00pm
Session 5	Sunday, Apr. 18, 2010	1:30pm	4:30pm
Session 6	Wednesday, Apr. 21, 2010	6:30pm	9:30pm
Session 7	Sunday, Apr. 25, 2010	10:00am	1:00pm
Session 8	Sunday, Apr. 25, 2010	1:30pm	4:30pm
Session 9	Sunday, May 2, 2010	10:00am	1:00pm
Session 10	Sunday, May 2, 2010	1:30pm	4:30pm

LGT 5: Course 254719

Pre-course	Wednesday, June 16, 2010	8:00pm	9:30pm
Session 1	Sunday, June 20, 2010	10:00am	1:00pm
Session 2	Sunday, June 20, 2010	1:30pm	4:30pm
Session 3	Wednesday, June 23, 2010	6:30pm	9:30pm
Session 4	Sunday, June 27, 2010	10:00am	1:00pm
Session 5	Sunday, June 27, 2010	1:30pm	4:30pm
Session 6	Wednesday, June 30, 2010	6:30pm	9:30pm
Session 7	Wednesday, July 7, 2010	6:30pm	9:30pm
Session 8	Sunday, July 11, 2010	10:00am	1:00pm
Session 9	Sunday, July 11, 2010	1:30pm	4:30pm
Session 10	Sunday, July 18, 2010	10:00am	1:00pm

Montgomery Aquatic Center

Session	Date	Begins	Ends
LGT 1: Course 255365			
Pre-course	Friday, Oct. 30, 2009	6:30pm	9:00pm
Session 1	Sunday, Nov. 1, 2009	9:00am	11:00am
Session 2	Sunday, Nov. 1, 2009	11:30am	1:30pm
Session 3	Sunday, Nov. 1, 2009	1:30pm	3:30pm
Session 4	Wednesday, Nov. 4, 2009	6:30pm	9:30pm
Session 5	Friday, Nov. 6, 2009	6:30pm	9:30pm
Session 6	Sunday, Nov. 8, 2009	9:00am	12:00pm
Session 7	Wednesday, Nov. 11, 2009	6:30pm	9:30pm
Session 8	Friday, Nov. 13, 2009	6:30pm	9:30pm
Session 9	Sunday, Nov. 15, 2009	9:00am	12:00pm
Session 10	Wednesday, Nov. 18, 2009	6:30pm	9:30pm

LGT 2: Course 255366

Pre-course	Friday, Jan. 8, 2010	6:30pm	9:00pm
Session 1	Sunday, Jan. 10, 2010	9:00am	11:00am
Session 2	Sunday, Jan. 10, 2010	11:30am	1:30pm
Session 3	Sunday, Jan. 10, 2010	1:30pm	3:30pm
Session 4	Wednesday, Jan. 13, 2010	6:30pm	9:30pm
Session 5	Friday, Jan. 15, 2010	6:30pm	9:30pm
Session 6	Sunday, Jan. 17, 2010	9:00am	12:00pm
Session 7	Wednesday, Jan. 20, 2010	6:30pm	9:30pm
Session 8	Friday, Jan. 22, 2010	6:30pm	9:30pm
Session 9	Sunday, Jan. 24, 2010	9:00am	12:00pm
Session 10	Wednesday, Jan. 27, 2010	6:30pm	9:30pm

LGT 3: Course 255367

Pre-course	Friday, Feb. 26, 2010	6:30pm	9:00pm
Session 1	Sunday, Feb. 28, 2010	9:00am	11:00am
Session 2	Sunday, Feb. 28, 2010	11:30am	1:30pm
Session 3	Sunday, Feb. 28, 2010	1:30pm	3:30pm
Session 4	Wednesday, Mar. 3, 2010	6:30pm	9:30pm
Session 5	Friday, Mar. 5, 2010	6:30pm	9:30pm
Session 6	Sunday, Mar. 7, 2010	9:00am	12:00pm
Session 7	Wednesday, Mar. 10, 2010	6:30pm	9:30pm
Session 8	Friday, Mar. 12, 2010	6:30pm	9:30pm
Session 9	Sunday, Mar. 14, 2010	9:00am	12:00pm
Session 10	Wednesday, Mar. 17, 2010	6:30pm	9:30pm

LGT 4: Course 255368

Pre-course	Friday, Mar. 26, 2010	6:30pm	9:00pm
Session 1	Saturday, Mar. 27, 2010	8:30am	11:00am
Session 2	Saturday, Mar. 27, 2010	11:00am	1:00pm
Session 3	Saturday, Mar. 27, 2010	1:00pm	3:00pm
Session 4	Monday, Mar. 29, 2010	8:30am	11:30am
Session 5	Monday, Mar. 29, 2010	12:00pm	3:00pm
Session 6	Wednesday, Mar. 31, 2010	8:30am	11:30am
Session 7	Wednesday, Mar. 31, 2010	12:00pm	3:00pm
Session 8	Friday, Apr. 2, 2010	8:30am	11:30am
Session 9	Friday, Apr. 2, 2010	12:00pm	3:00pm
Session 10	Saturday, Apr. 3, 2010	8:30am	12:00pm

LGT 5: Course 255369

Pre-course	Friday, Mar. 26, 2010	6:30pm	9:00pm
Session 1	Sunday, Mar. 28, 2010	2:30pm	4:00pm
Session 2	Sunday, Mar. 28, 2010	4:00pm	7:00pm
Session 3	Sunday, Mar. 28, 2010	7:00pm	9:00pm
Session 4	Tuesday, Mar. 30, 2010	2:30pm	5:30pm
Session 5	Tuesday, Mar. 30, 2010	6:00pm	9:00pm
Session 6	Thursday, Apr. 1, 2010	2:30pm	5:30pm
Session 7	Thursday, Apr. 1, 2010	6:00pm	9:00pm
Session 8	Saturday, Apr. 3, 2010	2:30pm	5:30pm
Session 9	Saturday, Apr. 3, 2010	6:00pm	9:00pm
Session 10	Monday, Apr. 5, 2010	6:00pm	9:30pm

LGT 6: Course 255370

Pre-course	Friday, Apr. 9, 2010	6:30pm	9:00pm
Session 1	Sunday, Apr. 11, 2010	9:00am	11:00am
Session 2	Sunday, Apr. 11, 2010	11:30am	1:30pm
Session 3	Sunday, Apr. 11, 2010	1:30pm	3:30pm
Session 4	Wednesday, Apr. 14, 2010	6:30pm	9:30pm
Session 5	Friday, Apr. 16, 2010	6:30pm	9:30pm
Session 6	Sunday, Apr. 18, 2010	9:00am	12:00pm
Session 7	Wednesday, Apr. 21, 2010	6:30pm	9:30pm
Session 8	Friday, Apr. 23, 2010	6:30pm	9:30pm
Session 9	Sunday, Apr. 25, 2010	9:00am	12:00pm
Session 10	Wednesday, Apr. 28, 2010	6:30pm	9:30pm

LGT 7: Course 256116

Pre-course	Thursday, June 17, 2010	6:30pm	9:00pm
Session 1	Friday, June 18, 2010	9:00am	11:00am
Session 2	Friday, June 18, 2010	11:00am	1:00pm
Session 3	Friday, June 18, 2010	1:30pm	3:30pm
Session 4	Monday, June 21, 2010	9:00am	12:00pm
Session 5	Monday, June 21, 2010	12:30pm	3:30pm
Session 6	Tuesday, June 22, 2010	9:00am	12:00pm
Session 7	Tuesday, June 22, 2010	12:30pm	3:30pm
Session 8	Wednesday, June 23, 2010	9:00am	12:00pm
Session 9	Wednesday, June 23, 2010	12:30pm	3:30pm
Session 10	Thursday, June 24, 2010	9:00am	12:30pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 1: Course 255265			
Pre-course	Monday, Sept. 14, 2009	6:30pm	9:30pm
Session 1	Tuesday, Sept. 15, 2009	6:30pm	9:30pm
Session 2	Saturday, Sept. 19, 2009	9:00am	12:00pm
Session 3	Monday, Sept. 21, 2009	6:30pm	9:30pm
Session 4	Tuesday, Sept. 22, 2009	6:30pm	9:30pm
Session 5	Saturday, Sept. 26, 2009	9:00am	12:00pm
Session 6	Monday, Sept. 28, 2009	6:30pm	9:30pm
Session 7	Tuesday, Sept. 29, 2009	6:30pm	9:30pm
Session 8	Saturday, Oct. 3, 2009	9:00am	12:00pm
Session 9	Monday, Oct. 5, 2009	6:30pm	9:30pm
Session 10	Tuesday, Oct. 6, 2009	6:30pm	9:30pm

LGT 2: Course 255266

Pre-course	Monday, Dec. 28, 2009	6:30pm	9:30pm
Session 1	Tuesday, Dec. 29, 2009	6:30pm	9:30pm
Session 2	Sunday, Jan. 3, 2010	9:00am	12:30pm
Session 3	Monday, Jan. 4, 2010	6:30pm	9:30pm
Session 4	Tuesday, Jan. 5, 2010	6:30pm	9:30pm
Session 5	Sunday, Jan. 10, 2010	9:00am	12:30pm
Session 6	Monday, Jan. 11, 2010	6:30pm	9:30pm
Session 7	Tuesday, Jan. 12, 2010	6:30pm	9:30pm
Session 8	Sunday, Jan. 17, 2010	9:00am	12:30pm
Session 9	Monday, Jan. 18, 2010	6:30pm	9:30pm
Session 10	Tuesday, Jan. 19, 2010	6:30pm	9:30pm

LGT 3: Course 255273

Pre-course	Monday, Feb. 8, 2010	6:30pm	9:30pm
Session 1	Tuesday, Feb. 9, 2010	6:30pm	9:30pm
Session 2	Sunday, Feb. 14, 2010	9:00am	12:30pm
Session 3	Monday, Feb. 15, 2010	6:30pm	9:30pm
Session 4	Tuesday, Feb. 16, 2010	6:30pm	9:30pm
Session 5	Sunday, Feb. 21, 2010	9:00am	12:30pm
Session 6	Monday, Feb. 22, 2010	6:30pm	9:30pm
Session 7	Tuesday, Feb. 23, 2010	6:30pm	9:30pm
Session 8	Sunday, Feb. 28, 2010	9:00am	12:30pm
Session 9	Monday, Mar. 1, 2010	6:30pm	9:30pm
Session 10	Tuesday, Mar. 2, 2010	6:30pm	9:30pm

LGT 4: Course 255267

Pre-course	Friday, Mar. 26, 2010	6:30pm	9:30pm
Session 1	Monday, Mar. 29, 2010	9:00am	12:00pm
Session 2	Monday, Mar. 29, 2010	12:00pm	3:00pm
Session 3	Tuesday, Mar. 30, 2010	9:00am	12:00pm
Session 4	Tuesday, Mar. 30, 2010	12:00pm	3:00pm
Session 5	Wednesday, Mar. 31, 2010	9:00am	12:00pm
Session 6	Wednesday, Mar. 31, 2010	12:00pm	3:00pm
Session 7	Thursday, Apr. 1, 2010	9:00am	12:00pm
Session 8	Thursday, Apr. 1, 2010	12:00pm	3:00pm
Session 9	Friday, Apr. 2, 2010	9:00am	12:00pm
Session 10	Friday, Apr. 2, 2010	12:00pm	3:00pm

LGT 5: Course 255268

Pre-course	Tuesday, Apr. 6, 2010	6:30pm	9:30pm
Session 1	Saturday, Apr. 10, 2010	9:00am	12:30pm
Session 2	Monday, Apr. 12, 2010	6:30pm	9:30pm
Session 3	Tuesday, Apr. 13, 2010	6:30pm	9:30pm
Session 4	Saturday, Apr. 17, 2010	9:00am	12:30pm
Session 5	Monday, Apr. 19, 2010	6:30pm	9:30pm
Session 6	Tuesday, Apr. 20, 2010	6:30pm	9:30pm
Session 7	Saturday, Apr. 24, 2010	9:00am	12:30pm
Session 8	Monday, Apr. 26, 2010	6:30pm	9:30pm
Session 9	Tuesday, Apr. 27, 2010	6:30pm	9:30pm
Session 10	Monday, May 3, 2010	6:30pm	9:30pm

LGT 6: Course 255274

Pre-course	Saturday, May 1, 2010	9:00am	12:30pm
Session 1	Sunday, May 2, 2010	9:00am	12:30pm
Session 2	Tuesday, May 4, 2010	6:30pm	9:30pm
Session 3	Saturday, May 8, 2010	9:00am	12:30pm
Session 4	Sunday, May 9, 2010	9:00am	12:30pm
Session 5	Monday, May 10, 2010	6:30pm	9:30pm
Session 6	Tuesday, May 11, 2010	6:30pm	9:30pm
Session 7	Saturday, May 15, 2010	9:00am	12:30pm
Session 8	Sunday, May 16, 2010	9:00am	12:30pm
Session 9	Monday, May 17, 2010	6:30pm	9:30pm
Session 10	Tuesday, May 18, 2010	6:30pm	9:30pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 1: Course 256967			
Pre-course	Saturday, Oct. 3, 2009	4:00pm	5:30pm
Session 1	Sunday, Oct. 4, 2009	5:00pm	9:00pm
Session 2	Wednesday, Oct. 7, 2009	6:30pm	10:00pm
Session 3	Sunday, Oct. 11, 2009	5:00pm	9:00pm
Session 4	Wednesday, Oct. 14, 2009	6:30pm	10:00pm
Session 5	Sunday, Oct. 18, 2009	5:00pm	9:00pm
Session 6	Wednesday, Oct. 21, 2009	6:30pm	10:00pm
Session 7	Sunday, Oct. 25, 2009	5:00pm	9:00pm
Session 8	Wednesday, Oct. 28, 2009	6:30pm	10:00pm
Session 9	Sunday, Nov. 1, 2009	5:00pm	9:00pm
Session 10	Wednesday, Nov. 4, 2009	6:30pm	10:00pm

LGT 2: Course 256968

Pre-course	Saturday, Jan. 9, 2010	4:00pm	5:30pm
Session 1	Sunday, Jan. 10, 2010	5:00pm	9:00pm
Session 2	Wednesday, Jan. 13, 2010	6:30pm	10:00pm
Session 3	Sunday, Jan. 17, 2010	5:00pm	9:00pm
Session 4	Wednesday, Jan. 20, 2010	6:30pm	10:00pm
Session 5	Sunday, Jan. 24, 2010	5:00pm	9:00pm
Session 6	Wednesday, Jan. 27, 2010	6:30pm	10:00pm
Session 7	Sunday, Jan. 31, 2010	5:00pm	9:00pm
Session 8	Wednesday, Feb. 3, 2010	6:30pm	10:00pm
Session 9	Sunday, Feb. 7, 2010	5:00pm	9:00pm
Session 10	Wednesday, Feb. 10, 2010	6:30pm	10:00pm

LGT 3: Course 256969

Pre-course	Saturday, Feb. 20, 2010	4:00pm	5:30pm
Session 1	Sunday, Feb. 21, 2010	5:00pm	9:00pm
Session 2	Wednesday, Feb. 24, 2010	6:30pm	10:00pm
Session 3	Sunday, Feb. 28, 2010	5:00pm	9:00pm
Session 4	Wednesday, Mar. 3, 2010	6:30pm	10:00pm
Session 5	Sunday, Mar. 7, 2010	5:00pm	9:00pm
Session 6	Wednesday, Mar. 10, 2010	6:30pm	10:00pm
Session 7	Sunday, Mar. 14, 2010	5:00pm	9:00pm
Session 8	Wednesday, Mar. 17, 2010	6:30pm	10:00pm
Session 9	Sunday, Mar. 21, 2010	5:00pm	9:00pm
Session 10	Wednesday, Mar. 24, 2010	6:30pm	10:00pm

LGT 4: Course 256970

Pre-course	Saturday, Mar. 27, 2010	4:00pm	5:30pm
Session 1	Sunday, Mar. 28, 2010	9:00am	12:30pm
Session 2	Monday, Mar. 29, 2010	9:00am	12:30pm
Session 3	Monday, Mar. 29, 2010	1:00pm	4:00pm
Session 4	Tuesday, Mar. 30, 2010	9:00am	12:30pm
Session 5	Tuesday, Mar. 30, 2010	1:00pm	4:00pm
Session 6	Wednesday, Mar. 31, 2010	9:00am	12:30pm
Session 7	Wednesday, Mar. 31, 2010	1:00pm	4:00pm
Session 8	Thursday, Apr. 1, 2010	9:00am	12:30pm
Session 9	Thursday, Apr. 1, 2010	1:00pm	4:00pm
Session 10	Friday, Apr. 2, 2010	9:00am	12:30pm

LGT 5: Course 256971

Pre-course	Saturday, Apr. 17, 2010	4:00pm	5:30pm
Session 1	Sunday, Apr. 18, 2010	5:00pm	9:00pm
Session 2	Wednesday, Apr. 21, 2010	6:30pm	10:00pm
Session 3	Sunday, Apr. 25, 2010	5:00pm	9:00pm
Session 4	Wednesday, Apr. 28, 2010	6:30pm	10:00pm
Session 5	Sunday, May 2, 2010	5:00pm	9:00pm
Session 6	Wednesday, May 5, 2010	6:30pm	10:00pm
Session 7	Sunday, May 9, 2010	5:00pm	9:00pm
Session 8	Wednesday, May 12, 2010	6:30pm	10:00pm
Session 9	Sunday, May 16, 2010	5:00pm	9:00pm
Session 10	Wednesday, May 19, 2010	6:30pm	10:00pm

LGT 6: Course 257015

Pre-course	Saturday, June 19, 2010	4:00pm	5:30pm
Session 1	Monday, June 21, 2010	9:00am	12:30pm
Session 2	Monday, June 21, 2010	1:00pm	4:30pm
Session 3	Tuesday, June 22, 2010	9:00am	12:30pm
Session 4	Tuesday, June 22, 2010	1:00pm	4:30pm
Session 5	Wednesday, June 23, 2010	9:00am	12:30pm
Session 6	Wednesday, June 23, 2010	1:00pm	4:30pm
Session 7	Thursday, June 24, 2010	9:00am	12:30pm
Session 8	Thursday, June 24, 2010	1:00pm	4:30pm
Session 9	Friday, June 25, 2010	9:00am	12:30pm
Session 10	Friday, June 25, 2010	1:00pm	4:30pm

CPR/FPR/AED

\$70

This course will certify you in CPR/FPR/AED (for lifeguarding). Participants should be CURRENTLY lifeguard certified by the American Red Cross. Registrants need to bring their own pocket mask and lifeguarding textbook. Pocket masks are available for \$15.

Montgomery Aquatic Center

<u>Session</u>	<u>Date</u>	<u>Begins</u>	<u>Ends</u>
CPR/FPR/AED 1: Course 255371			
Session 1	Wednesday, June 2, 2010	6:00pm	10:00pm
Session 2	Friday, June 4, 2010	6:00pm	10:00pm

CPR/FPR/AED 2: Course 255372

Session 1	Tuesday, June 1, 2010	6:00pm	10:00pm
Session 2	Thursday, June 3, 2010	6:00pm	10:00pm

Germantown Indoor Swim Center

<u>Session</u>	<u>Date</u>	<u>Begins</u>	<u>Ends</u>
CPR/FPR/AED 1: Course 254720			
Session 1	Sunday, Mar. 14, 2010	4:00pm	8:00pm
Session 2	Sunday, Mar. 21, 2010	4:00pm	8:00pm

Martin Luther King, Jr. Swim Center

<u>Session</u>	<u>Date</u>	<u>Begins</u>	<u>Ends</u>
CPR/FPR/AED 1: Course 258789			
Session 1	Thursday, May 13, 2010	6:00pm	10:00pm
Session 2	Friday, May 14, 2010	6:00pm	10:00pm

Olney Swim Center

<u>Session</u>	<u>Date</u>	<u>Begins</u>	<u>Ends</u>
CPR/FPR/AED 1: Course 259091			
Session 1	Saturday, June 12, 2010	2:00pm	6:00pm
Session 2	Sunday, June 13, 2010	2:00pm	6:00pm