

Red Cross Lifeguard Training Class  
May 17-19, 2013

Location: Stratford Recreation Association, 2300 Britzer Way, Alexandria, VA 22308  
(at the corner of Camden Street and Britzer Way (formerly known as Camden Court))

Cost: \$325.00, write check to MVPS, LLC (Mount Vernon Pool Service, LLC)

May 17: 4:00pm - 9pm  
May 18: 8:00am - 9pm  
May 19: 10:00am - 9pm  
(29 hour course)

Certificates will be valid for 2 years.

This course will consist of Lifeguarding, First Aid, 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; 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, note book, pack your lunch/dinner a  
refrigerator and microwave is on site.

POC: Mark Murray, President, Mt. Vernon Pool Service, LLC [swmmurray@yahoo.com](mailto:swmmurray@yahoo.com) or 240-  
605-7421

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Registration Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail registration and check to:

MVPS, LLC  
3736 Mary Evelyn Way  
Alexandria, VA 22309