



American Red Cross

Together, we can save a life



*Arundel Olympic Swim Center
2690 Riva Rd., Annapolis, MD, 21401
(410) 222-7933 or (410) 222-7934*

Training and Review Courses



Lifeguard Training

Cost: \$230.00

Ages 15 and up (proof of age is required). Participants must pass a pre-skill swim test (300-yard swim, tread water for two minutes using legs only, and brick retrieval). To receive certification, participants must attend all class sessions, pass a written test, and demonstrate water exit skills. Register online at www.aacounty.org/recparks or at our facility (AOSC) with cash, check or pay online with a credit card .

October 26-29 #11292

Thursday	October 26	5:00 p.m. - 10:00 p.m.
Friday	October 27	5:00 p.m. - 9:00 p.m.
Saturday	October 28	8:00 a.m. - 4:00 p.m.
Sunday	October 29	8:00 a.m. - 6:00 p.m.

December 7-10 #11293

Thursday	December 7	5:00 p.m. - 10:00 p.m.
Friday	December 8	5:00 p.m. - 9:00 p.m.
Saturday	December 9	8:00 a.m. - 4:00 p.m.
Sunday	December 10	8:00 a.m. - 6:00 p.m.

Waterfront Lifeguard Course

Ages 15 and up (proof of age is required). Participants must pass a pre-skill swim test (300-yard swim, tread water for two minutes using legs only, brick retrieval, and ring retrieval). To receive certification, participants must attend all class sessions, pass a written test, and demonstrate water exit skills.

Cost: \$305.00

October 26 – 29 #11294

Thursday	October 26	5:00 p.m. - 10:00 p.m.
Friday	October 27	5:00 p.m. - 9:00 p.m.
Saturday	October 28	8:00 a.m. - 4:00 p.m.
Sunday	October 29	8:00 a.m. - 6:00 p.m.

December #11295

Thursday	December 7	5:00 p.m. - 10:00 p.m.
Friday	December 8	5:00 p.m. - 9:00 p.m.
Saturday	December 9	8:00 a.m. - 4:00 p.m.
Sunday	December 10	8:00 a.m. - 6:00 p.m.

Lifeguard Review Course

Must hold a **current** American Red Cross Lifeguard training certification to participate (bring to first night of class). Participants must also bring their pocket mask (available from the facility for an additional fee - \$15.00).

Cost: \$105.00

October 21, 22 #11296

Saturday	October 21	8:00 a.m. - 4:00 p.m.
Sunday	October 22	8:00 a.m. - 4:00 p.m.

December 2,3 #11297

Saturday	December 2	8:00 a.m. - 4:00p.m.
Sunday	December 3	8:00 a.m. - 4:00p.m.

CPR/AED for Professional Rescuers

From assessing needs and making decisions to providing care, this program provides the skills you need through discussion, video and hands-on training based on real-life rescue scenarios. This course covers content for adult, child, and infant victims. Participants must be at least 15 years of age. **Cost: \$95.00**

September 27 #11338

Wednesday	September 27	5:00 p.m. - 10:00 p.m.
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November 29 #11339

Wednesday	November 29	5:00 p.m. - 10:00p.m.
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