

Merritt Athletic Clubs in Eldersburg is conducting a Lifeguard Certification course to include full certification.

# RED CROSS LIFEGUARD CERTIFICATION

## SWIMMING SKILLS REQUIRED

- 100 yards front crawl with rhythmic breathing
- 100 yards breaststroke
- 100 yards mixed front crawl and breaststroke
- Diving brick retrieval-timed

## CERTIFICATION CLASSES

- SESSION 1 January 22, 23, 29, 30 • 9:00-5:00 pm  
 SESSION 2 April 16, 17, 23, 24 • 9:00-5:00 pm  
 SESSION 3 May 14, 15, 21, 22 • 9:00-5:00 pm  
 SESSION 4 September 10, 11, 17, 18 • 9:00-5:00 pm

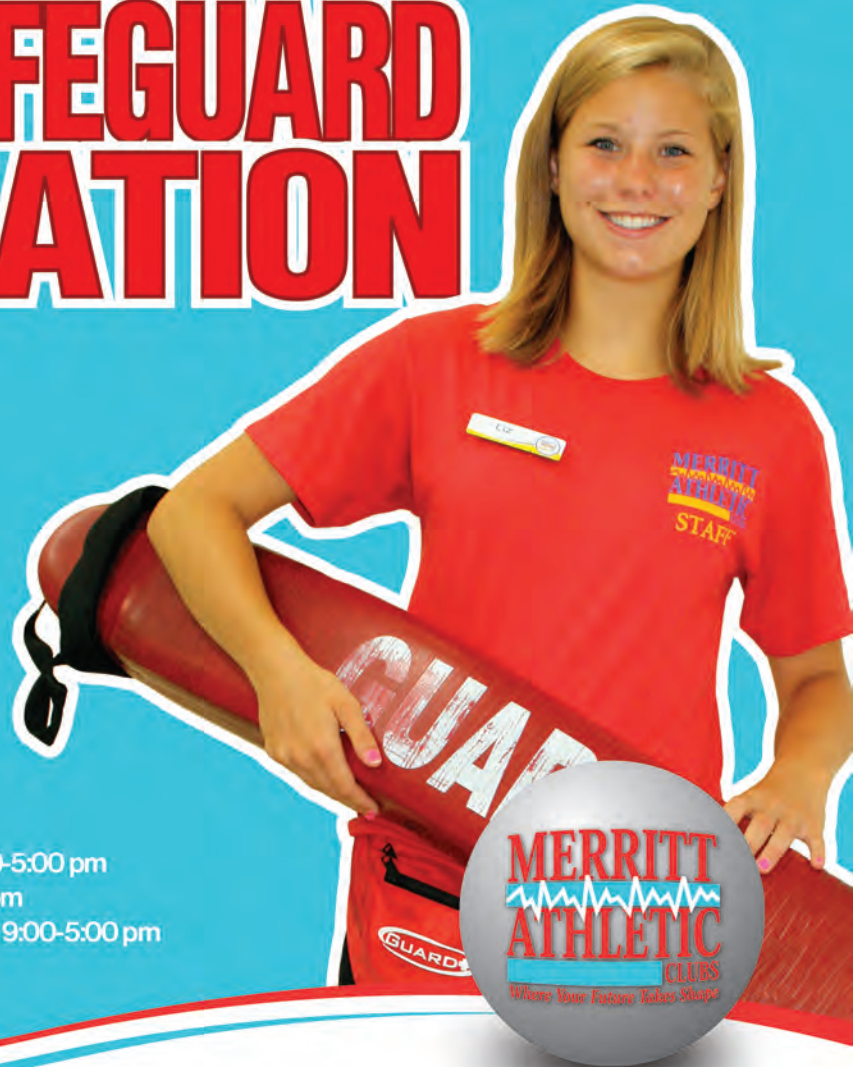
\$250 Members, \$275 Non-Members

## RECERTIFICATION CLASSES

- SESSION 1 January 28, 4:00-9:00 pm and January 30, 9:00-5:00 pm  
 SESSION 2 April 22, 4:00-9:00 pm and April 24, 9:00-5:00 pm  
 SESSION 3 September 9, 4:00-9:00 pm and September 11, 9:00-5:00 pm

\$ 125 members, \$ 175 non-members

Note: must attend both recertification classes to complete course



## Eldersburg Lifeguard Certification [merrittclubs.com](http://merrittclubs.com)

For more information, contact Rachel Gracia at [rgracia@merrittclubs.com](mailto:rgracia@merrittclubs.com) or 410.549.8855.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Email \_\_\_\_\_

If employee, club you work at? \_\_\_\_\_

Member/\$250 \_\_\_\_\_ Non-Member/\$275 \_\_\_\_\_ Amount Paid \_\_\_\_\_

Method of Payment: Cash Check Visa MasterCard Discover Amex House Account

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Additional fees to be paid on the day of the training:**  
 \$33 for textbook (not applicable for re-cert)  
 \$15 for rescue mask (you may bring your own)

**Please mail completed form and payment to Rachel Gracia, 1388 Progress Way, Eldersburg, MD 21784.**

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk of injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature indicates that you agree to the waiver above and if applicable, the charge to the account specified.