



Together, we can save a life

# American Red Cross Certification Courses

February 2012 through July 2012

## Lifeguard Training & Community First Aid (Waterfront Inclusive)

### Course Content/Prerequisites:

Participant must be proficient at swimming strokes. A 550-meter continuous swim pre-test is given during the first class. The swim consists of 200m Front Crawl, 200m Breaststroke, and 150m Front Crawl and/or Breaststroke.

Course includes lifeguard skills for pools and open-water (waterfront), as well as CPR/AED for Lifeguards. American Red Cross CPR/AED for Lifeguards certification is current for 2 years from date of issue, while Lifeguard Training & Community First Aid is current for 3 years from date of issue. Participants must be 15-years-old or older by completion of course. A minimum of 4 students is required to run this course.

### Class Option I:

Friday, April 20	4:00pm-9:00pm
Saturday, April 21	1:00pm-6:00pm
Sunday, April 22	1:00pm-8:00pm
Friday, April 27	4:00pm-9:00pm
Saturday, April 28	1:00pm-6:00pm
Sunday, April 29	1:00pm-8:00pm

~ Attendance is mandatory for all dates ~

### Class Option II:

Wednesday, May 2	4:00pm-9:00pm
Thursday, May 3	4:00pm-9:00pm
Friday, May 4	4:00pm-9:00pm
Saturday, May 5	8:00am-6:00pm
Sunday, May 6	1:00pm-6:00pm

~ Attendance is mandatory for all dates ~

### Class Option III:

Friday, June 1	4:00pm-9:00pm
Saturday, June 2	10:00am-6:00pm
Sunday, June 3	1:00pm-8:00pm
Monday, June 4	4:00pm-9:00pm
Tuesday, June 5	4:00pm-9:00pm

~ Attendance is mandatory for all dates ~

### Class Option IV:

Friday, July 20	4:00pm-9:00pm
Saturday, July 21	8:00am-6:00pm
Sunday, July 22	1:00pm-8:00pm
Monday, July 23	4:00pm-9:00pm

~ Attendance is mandatory for all dates ~

### Course Fee:

\$250.00

**No Refunds, No Cancellations. Payment is due upon registration; please register no later than 3 days prior to class.**

## CPR/AED for Lifeguards Challenge & Lifeguard Challenge

### Course Content/Prerequisites:

This class is for persons already certified in Lifeguard Training & Community First Aid and CPR/AED through the American Red Cross. American Red Cross CPR/AED for Lifeguards certification is current for 2 years from date of issue, while Lifeguard Training & Community First Aid is current for 3 years from date of issue. Participants are required to bring their pocket mask to class.

Lifeguard Challenge participants are required to receive the newly updated Lifeguarding Manual.

### Class Option I:

Sunday, February 12	
CPR/AED for Lifeguards	1:00pm-5:00pm

### Class Option II:

Saturday, May 26	
CPR/AED for Lifeguards	9:00am-1:00pm
Lifeguard Challenge	1:00pm-5:00pm

### Class Option III:

Saturday, June 9	
CPR/AED for Lifeguards	9:00am-1:00pm
Lifeguard Challenge	1:00pm-5:00pm

### Course Fee:

- \$85.00 ~ CPR/AED for Lifeguards Challenge Only
- \$120.00 ~ Lifeguard Challenge Only
- \$180.00 ~ Lifeguard **and** CPR/AED for Lifeguards Challenge

**No Refunds, No Cancellations. Payment is due upon registration; please register no later than 3 days prior to class.**

## Water Safety Instructor Training

### Course Content/Prerequisites:

Proficient swimming strokes and skills exceeding Level 5; Current CPR and Community First Aid certification; Participants must be 16-years-old or older by completion of course. A minimum of 4 students is required to run this course.

### Class Option I:

Thursday, May 17	4:00pm-9:00pm
Friday, May 18	4:00pm-9:00pm
Saturday, May 19	8:00am-6:00pm
Sunday, May 20	1:00pm-6:00pm
Tuesday, May 22	4:00pm-9:00pm
Thursday, May 24	4:00pm-9:00pm
Friday, May 25	4:00pm-9:00pm

~ Attendance is mandatory for all dates ~

### Course Fee:

\$300.00

**No Refunds, No Cancellations. Payment is due upon registration; please register no later than 3 days prior to class.**

