

Red Cross Programs

Adult / Child / Infant CPR & First Aid

This course covers first aid, rescue breathing, CPR for adults/children/infant, as well as how to use an automated external defibrillator (AED). To receive this certification, participants must successfully complete both the written and skills exams. Participants should bring a non-refrigerated sack lunch.

Saturdays

8:00am - 1:30pm

Session 1: January 7th

Session 2: February 4th

Session 3: March 24th

Session 4: April 7th

Session 5: May 12th

Cost: \$65 for CPR/ First Aid members or program members

Cost: \$55 for CPR members or program members

Lifeguard Training Class

This class is the required certification for those interested in becoming a lifeguard. Preskills Test: 300 yard swim, dive to a depth of 7-10 feet and retrieve a 10 pound object. Must be 15 years old by April 6th.

Monday – Friday

8:00 – 2:00pm

April 2nd – April 6th

Cost: \$110 members, \$165 program members

(Price includes Lifeguard Training Book)

Babysitter's Training

This program provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and first aid.

Age 11- 15

Saturday

March 10th

9:00 – 3:30pm

Cost: \$43.50 members or program members



Red Cross Water Safety Instructor Course

This course is NOT designed to teach basic-level swimming skills. It is dedicated to developing the skills and knowledge instructors need to plan and teach courses in the American Red Cross Swimming and Water Safety Program. Fundamentals of Instructor Training (FIT) is a course pre-requisite for the WSI class.

Pre-Requisite, FIT: Monday May 7th 5:00 – 9:00pm

FIT is held at the YMCA. Registration and pick up of course material must be done in advance at the YMCA. Text Book \$7

Pre-Skills: Tuesday May 8th, 4:30 – 5:00pm

WSI Course Dates: Monday, Tuesday, & Thursday

May 14th – 31st

5:00 – 9:00pm

Final Test: May 31st

Cost: \$80 members, \$140 program members

text books \$50

Register Online and SAVE \$5.00

For Aquatic Programs use the
Promo Code: Swim Lessons

For Youth Programs use the
Promo Code: Youth Sports