



## SAFETY PROGRAMS

### LIFEGUARD TRAINING

Sign up now as space fills fast! This course trains partici-

pants in American Red Cross Lifeguarding, CPR for the Professional Rescuer, First Aid and AED. **PLEASE NOTE:** Participants who do not pass pre-requisites will be charged a \$50 administration fee.

#### COURSE PRE-REQUISITES:

- Participant must be age 15 by the last day of class
- Swim 300 yards continuously
- Skill combination of swimming 20 yards with head above water, surface dive to a depth of 7 feet to retrieve a diving brick, swim back 20 yards carrying the brick with both hands.

**Place:** CCC  
**Cost:** \$175 Member  
 \$200 Non-Member (includes all books and materials)

**Session I:** April 10, 11, 17 and 18  
 April 10: 8:00 - 4:00 p.m.  
 11, 17, 18: 9:00 a.m. - 5:00 p.m.  
 (Must attend all days/times.)

**Session II:** Saturday, May 15, 16, 22 and 23  
 May 15: 8:00 a.m. - 4:00 p.m.  
 16, 22, 23: 9:00 a.m. - 5:00 p.m.  
 (Must attend all days/times.)

**Session III:** July 10, 11, 17 and 18  
 9:00 a.m. - 5:00 p.m.  
 (Must attend all days/times.)

### BABYSITTING CLINIC

#### Ages 11 and Older

This American Red Cross class prepares a babysitter for what every parent wants, including safety, basic childcare, safe play, first aid and critical emergency action steps. Upon completion of the course a certificate is issued. Cost includes babysitting handbook, certification and instruction. Instructor: Shelly Nahan

**Session I:** Saturday, May 22;  
 8 a.m. - 1 p.m. OR  
**Session II:** Tuesday, June 15;  
 8 a.m. - 1 p.m. OR  
**Session III:** Wednesday, July 27;  
 8 a.m. - 1 p.m.  
**Cost:** \$45 Member  
 \$60 Non-Member

### CPR/AED FOR THE PROFESSIONAL RESCUER REVIEW

This review course give participants the opportunity to review the course content in a formal class setting. Pre-requisite: Must hold a current Red Cross CPR/AED for the professional rescuer Certificate, or have one that expired in the last year.

**Date:** Tuesday, May 11  
**Time:** 5:30-9:30 p.m.  
**Cost:** \$40 Member; \$50 Non-Mem.

### ADULT CPR AND AED TRAINING

Learn all the skills of CPR-Adult plus how to use an automated external defibrillator (AED), a safe and easy-to-use device to help restart a heart that has stopped beating. This course focuses on training the lay rescuer and combines OSHA-compliant adult CPR training with instruction in AED, the two skills needed to save the life of an adult victim of sudden cardiac arrest. Upon successful completion, participants receive an American Red Cross certificate. Textbook provided.

**Dates:** Monday, June 28  
**Times:** 5:30 - 9:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** \$50 Member; \$60 Non-Member

### ADULT CPR AND AED REVIEW

This course gives participants the opportunity overview the course content. Pre-requests: Must hold a current Adult CPR and AED or have one that expired in the last year.

**Session I:** Monday, May 24  
**Session II:** Monday, August 23  
**Times:** 5:30 - 9:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** \$40 Member  
 \$50 Non-Member

### CHILD/INFANT CPR

Learn how to care of victims up to 12 years of age. This course teaches rescue breathing, CPR, and first aid for choking. Upon successful completion, participants receive an American Red Cross certificate. Textbook provided.

**Date:** Monday, June 14  
**Time:** 5:30 - 9:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** \$50 Member  
 \$60 Non-Member

### STANDARD FIRST AID

Following the American Red Cross guidelines, this course provides the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Upon successful completion, participants receive an American Red Cross certificate. Textbook provided.

**Date:** Monday, June 7  
**Time:** 5:30 - 9:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** \$44 Member  
 \$55 Non-Member

### ADULT/CHILD/INFANT CPR AND AED REVIEW

Is your certification expiring soon? If so, sign up for this review course! To be eligible to participate participants must bring to class, a current American Red Cross certificate (or equivalent). Participants and their instructor will review video segments, practice and perform skills and complete written tests. Upon successful completion, participants receive an American Red Cross certificate.

**Date:** Monday, July 12  
**Time:** 5:30 - 9:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** \$40 Member  
 \$50 Non-Member

### CHILD/INFANT CPR REVIEW

Is your certification expiring soon? If so, sign up for this review course! To be eligible to participate participants must bring to class, a current American Red Cross certificate (or equivalent). Participants and their instructor will review video segments, practice and perform skills and complete written tests. This review covers only child and infant CPR. Upon successful completion, participants receive an American Red Cross certificate.

**Session I:** Monday, May 17  
**Session II:** Monday, August 16  
**Time:** 5:30 - 9:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** \$40 Member  
 \$50 Non-Member