

Lifeguard Training



This course trains participants in American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer, and First Aid. 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.
- Participants must attend all days and times.

Place: CCC

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

Class 1: January

Sat., Jan. 21 (8 a.m.-4 p.m.)
Sun., Jan. 22 (10 a.m.-6 p.m.)
Sat., Jan. 28 (8 a.m.-4 p.m.)
Sun., Jan. 29 (10 a.m.-6 p.m.)

Class 2: March

Sat., March 3 (8 a.m.-4 p.m.)
Sun., March 4 (10 a.m.-6 p.m.)
Sat., March 10 (8 a.m.-4 p.m.)
Sun., March 11 (10 a.m.-6 p.m.)

Class 3: April

Sat., April 14 (8 a.m.-4 p.m.)
Sun., April 15 (10 a.m.-6 p.m.)
Sat., April 21 (8 a.m.-4 p.m.)
Sun., April 22 (10 a.m.-6 p.m.)

Health and Safety Classes

American Red Cross CPR/AED and First Aid for the Lay Rescuer

These courses teach participants the skills they need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive an American Red Cross certificate, **which is valid for two years**. All classes are located at the Chaska Community Center. For more information please call Tessa Syverson at (952) 227-7746.

Cost: \$60 Member; \$75 Non-member per each class listed below

CLASS	DATES	TIMES
Standard First Aid	Wednesday, January 25	5:30-9:00 p.m.
	Wednesday, March 28	5:30-9:00 p.m.
Adult CPR/AED Training	Wednesday, January 4	5:30-7:30 p.m.
	Wednesday, March 7	5:30-7:30 p.m.
Adult CPR/AED Review	Wednesday, January 18	5:30-7:30 p.m.
	Wednesday, March 14	5:30-7:30 p.m.
Child CPR/AED and Infant CPR	Wednesday, January 4	7:30-9:30 p.m.
	Wednesday, March 7	7:30-9:30 p.m.
Child CPR/AED and Infant CPR Review	Wednesday, January 18	7:30-9:30 p.m.
	Wednesday, March 14	7:30-9:30 p.m.

Need both Adult and Child/Infant CPR/AED? Sign up for one of these classes!

Adult/Child/Infant CPR and AED Wednesday, January 4 **OR** 5:30-9:30 p.m.
\$100 Member; \$120 Non-member Wednesday, March 7 5:30-9:30 p.m.

Adult/Child/Infant CPR and AED Review Wednesday, January 18 **OR** 5:30-9:30 p.m.
\$100 Member; \$120 Non-member Wednesday, March 14 5:30-9:30 p.m.



American Red Cross

American Red Cross Water Safety Instructor

The purpose of the American Red Cross Water Safety Instructor Course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

Prerequisites:

To participate in the Water Safety Instructor course, individuals must:

- Be at least 16 years of age on or before the final scheduled lesson of this course. Please bring proof of age to the first class.
- Have successfully completed the Fundamentals of Instructor Training course, which is included in this course at no additional cost.
- Demonstrate the ability to perform the following swimming skills: 25 yards each for the front crawl, back crawl, breaststroke, Elementary backstroke, sidestroke, and the butterfly for 15 yards. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute.

Minimum required for class is 6 participants or the class will be cancelled. If there are any questions regarding this course, please contact Tessa Syverson at (952) 227-7746. Participants must attend all class dates and times.

Dates: April 2-6

Place: Chaska Community Center

Time: 8:30 a.m.-6:00 p.m.

Cost: \$225 Member and Non-Member

