



Lifeguard Training

Sign up now as space fills fast. This course trains participants in American Red Cross Lifeguarding, CPR for the Prof Rescuer, First Aid & AED. **PLEASE NOTE: participants who do not pass the course 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. Cost includes all books and materials.

Cost: \$175 Member
\$200 Non-Member

Session I: January 9, 10, 16, 17 (must attend all class days/times)
Time: 8:00 a.m.-4:00 p.m. (Jan. 9)
10 a.m.-6 p.m. (Jan. 10, 16, 17)

Session II: March 6, 7, 13, 14 (must attend all class days/times)
Time: 10:00 a.m.-6:00 p.m.

Red Cross Babysitting Clinic

Ages 11 and up

This American Red Cross class is for youth age 11 and older. It 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, January 30
Session II: Saturday, March 6

Time: 8:00 a.m.-1:30 p.m.
(bring a bag lunch)
Cost: \$45 Member
\$60 Non-Member

Safety and CPR Training

All classes take place at the Chaska Community Center.

Guard Start: Lifeguarding Tomorrow

Lifeguarding Tomorrow is a program for youth ages 11 to 14 years old who have the desire to learn about the responsibilities and duties of a Lifeguard. This program builds on a foundation of aquatic and leadership knowledge, attitudes and skills for future completion of the Red Cross Lifeguarding courses. *Prerequisite: Swim front crawl 25 yards, tread water for 1 minute, and swim 10 feet underwater.*

Date: Tuesdays, March 16-May 11
(No class March 30)
Time: 3:30-4:30 p.m.
Cost: \$85 Mem.; \$102 Non-Mem.

Adult CPR & 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.

Date: Monday, January 25
Time: 5:30-9:30 p.m.
Cost: \$50 Member; \$60 Non-Mem.

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, January 11
Time: 5:30-9:30 p.m.
Cost: \$50 Member; \$60 Non-Mem.

Child/Infant CPR Review

Is your certification expiring soon? 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. If you also need AED certification inform the instructor. Upon successful completion, you'll receive an American Red Cross certificate.

Date: Monday, March 1
Time: 5:30-9:30 p.m.
Cost: \$40 Member; \$50 Non-Mem.

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, February 1
Time: 5:30-9:30 p.m.
Cost: \$40 Member; \$50 Non-Mem.

Adult/Child/Infant CPR and AED Review

Is your certification expiring soon? 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, March 15
Time: 5:30-9:30 p.m.
Cost: \$40 Member; \$50 Non-Mem.

CPR/AED for the Professional Rescuer Full Course

This course teaches rescue skills for adult, child, and infant including: rescue breathing, obstructed airway, single and two rescuer CPR and Automated External Defibrillator (AED) skills. Upon successful completion participants will receive a CPR/AED for the Professional Rescuer certificate.

Date: March 9, 11 (must attend both)
Time: 5:30-9:30 p.m.
Cost: \$80 Member; \$95 Non-Mem.

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: Monday, March 8
Time: 5:30-9:30 p.m.
Cost: \$40 Member; \$50 Non-Mem.