



AMERICAN RED CROSS HEALTH AND SAFETY CLASSES



The safety and emergency training you learn today will benefit your family, your home, your workplace and your community everyday. Be prepared!

Lifeguard Training Course: If you are 15+ years old, interested in a job helping to recognize, prevent and care for injuries, then the American Red Cross Lifeguard Training Course is a great place to start. This instructor-led course includes a prerequisite swim test that will be completed on the first day of class. Course materials are available to access online through the Red Cross website.

Course Fee: Resident \$190/Non Resident \$215.

Dates: Sundays, February 21, 28 & March 6—8:00 AM—5:30 PM



Lifeguarding Review Course: If you're Lifeguarding/CPR/AED certification is about to expire and you wish to update it, then this is the course for you. In order to enroll in this course, you must have a CURRENT Lifeguarding/CPR/AED certification. You must present your CURRENT certification to the instructor at the start of the course to be eligible. The review course includes skills pre-test, videos, short lectures, skills sessions and written tests. Upon successful completion you will receive an updated Lifeguarding/First Aid/CPR/AED certification good for 2 years. Course materials are available to access online through the Red Cross website.

Course Fee: Resident \$100/Non Resident \$110

Date: Sunday, January 24, 8:00 AM—5:30 PM