



# YAQUATICS™

We build strong kids, strong families, strong communities.

## SAFETY COURSES

### BASIC FIRST AID for the Community and Workplace

Participants in this nationally recognized, evidence-based program develop basic first aid knowledge, skills and the confidence to respond. They learn signs, symptoms and treatment of emergency conditions such as severe bleeding, shock, burns, allergic reaction, poisoning and more. Student handbook and certificate included. (\$52)

Thursday, May 13.....6:00-10:30pm.....SP II.....02307-21

### CPR/AED for the Community - CHOKESAVER

This program is for anyone looking for CPR/AED certification or knowledge who is not required CPR/AED for the Healthcare Provider. This course covers: signs and symptoms of cardiac distress and failure, stroke, clearing the obstructed airway, performance of cardiopulmonary resuscitation (CPR), and use of the automated external defibrillator. Meets OSHA Chokesaver requirements for restaurants and food service personnel. (\$62) CPR Masks available (\$10 each)

Tuesday, May 18.....6:00-10:30pm.....SP II.....02306-21  
Thursday, May 20.....6:00-10:30pm.....SP II.....02306-41  
Thursday, June 10.....6:00-10:30pm.....SP II.....02306-42

### CPR PRO for the Professional Rescuer- American Heart Association

Designed for HEALTHCARE PROVIDERS and FIRST RESPONDERS. This class is more advanced than the CPR/AED for the Community class. Includes all material from the Community class plus: two-person CPR, use of a bag-valve device, and the anatomy and physiology of cardiac arrest. (\$62) CPR Masks available (\$10 each)

Tuesday, May 11.....6:00-10:30pm.....SP II.....02303-21  
Tuesday, June 8.....6:00-10:30pm.....SP II.....02303-22

### EMERGENCY OXYGEN ADMINISTRATION

Designed for LIFEGUARDS, HEALTHCARE PROVIDERS and FIRST RESPONDERS who are required to have this certification for employment. (\$ 32 )

**\*Please contact Eric Levesque at (508) 879-4220 ext 35 if interested.\***



### LIFEGUARD COURSE – One Week Class

Must be 16 years old by the end of the course. Prerequisites: nonstop 500 yard swim (Breaststroke and Crawl), surface dive to 7-9 feet to retrieve a brick, willing to work hard for full week of class. Class will cover: Lifeguarding theory and training, rescue skills, back boarding, first aid, CPR/AED for Lifeguards, rescue scenarios, work out swims, homework, practical examination, and written examination. Successful completion of this class will result in American Red Cross Lifeguard certification.

\$220 Members/\$300 Non Members

Monday-Friday, April 19-23.....9:00-6:00pm.....SP 2....02301-21  
Monday-Friday, June 21-25.....9:00-6:00pm.....SP 2....02301-32

**If you have any questions regarding our Safety Courses, please contact Eric Levesque, Aquatics Director, at 508-879-4420 Ext. 35 or email at: [elevesque@metrowestymca.org](mailto:elevesque@metrowestymca.org) .**

*MetroWest YMCA 280 Old Connecticut path, Framingham, MA 01701*