

CPR/SAFETY EDUCATION

BASIC FIRST AID

In this nationally recognized program, participants will develop basic first aid knowledge and skill and the confidence to respond. Certification will be American Safety and Health Institute. Online Student Handbook Available. **Cost: \$ 55**

January 10, 2019, 6:00-9:00pm

January 24, 2019, 6:00-9:00pm

February 7, 2019, 6:00-9:00pm

February 21, 2019, 6:00-9:00pm

March 14, 2019, 6:00-9:00pm

CPR/AED FOR THE COMMUNITY - AMERICAN HEART ASSOCIATION

The program is for individual who want or are required to have CPR and AED knowledge and skills. Certification will be American Safety and Health Institute. Online Student Handbook Available **Cost: \$65**

January 17, 2019, 6:00-9:00pm

February 14, 2019, 6:00-9:00pm

March 7, 2019, 6:00-9:00pm

March 21, 2019, 6:00-9:00pm

CPR/AED FOR THE PROFESSIONAL - AMERICAN HEART ASSOCIATION

Designed for HEALTHCARE PROVIDERS and FIRST RESPONDERS. This program teaches participants to recognize signs of sudden cardiac arrest, heart attack and stroke, relieve foreign-body airway obstruction, perform cardiopulmonary resuscitation, and use an automated external defibrillator. Student handbook and certificate included. **COST: \$75**

January 31, 2019, 6:00-9:00pm

February 28, 2019, 6:00-9:00pm

March 28, 2019, 6:00-9:00pm

March 31, 2019, 12:00-3:00pm

RED CROSS LIFEGUARD COURSES

Must be 16 years old by the last day of the course. To successfully complete the lifeguarding certification course, participants must attend and participate in all sessions, demonstrate competency in all skills. Participants are required to demonstrate all components of the prerequisite swim prior to registering for the class. Please contact Benjamin to set up an appointment to complete prerequisite swim. You will be required to show a registration approval form to register for the course: this form is given after successful completion of prerequisite swim. **Cost: \$283 Member/\$361 Non Member**

Lifeguarding Course (must attend all 3 days) -

Friday Feb. 22 - 5:00pm to 9:30pm

Sat. Feb. 23 - 9:00am to 9:00pm

Sun. Feb. 24 - 9:00am to 9:00pm (or until finish)

Lifeguarding Class (must attend all 3 Sundays) -

Sunday March 3 - 9:00am to 6:00pm

Sunday March 10 - 9:00am to 6:00pm

Sunday March 17 - 9:00am to 6:00pm

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION COURSES

To successfully complete the lifeguarding recertification course, participants must demonstrate competency in all required skills, activities and final rescue skill scenarios in addition to passing both exams with a minimum grade of 80%. The lifeguard recertification course is for individuals that possess current lifeguarding certification that need to be recertified before expiration date. Participants DO NOT need to pass a pre-req swim to sign up for course.

Cost: Member \$129/\$206 Non Member / \$65 Y-Staff

March 16th, 2019 9am-6pm



GIVE THE GIFT OF THE Y!

Give the Gift of Healthy Aging
Give the Gift of Seeing Someone Smile
Give the Gift of Nationwide Membership
Give the Gift of Sportsmanship
Give the Gift of Happiness

Give the Gift of Personal Training
Give the Gift of Swimming
Give the Gift of Summer Camp
Give the Gift of Friendship
Give the Gift of Giving Back

By donating today you can help others in your community receive the gift of the Y. Please consider making a donation today. Donate Online at metrowestymca.org/givetoday or Text MWYMCA to 41444