

**AMERICAN RED CROSS CPR AND FIRST AID REVIEW:**

This class is for individuals with any current ARC, CPR, First Aid, Oxygen Administration or AED Certifications. Any “NEW” videos will all be viewed as part of the update (as needed). All participants will be given an updated textbook to read prior to class. All skills will be retested and written exam(s) will be administered. The new textbook is included in the cost of the course. **This class is NOT for lifeguards with EXPIRED ARC credentials – see Lifeguard Training Updates and Challenges for lifeguarding recertifications.**

Code	Course Dates	Time	Resident Fee	Non-Resident Fee
AQF- 210	Sunday, September 28	1pm – 4pm	\$ 80	\$ 130
AQF- 211	Sunday, October 19	1pm – 4pm	\$ 80	\$ 130
AQF- 212	Sunday, November 9	1pm – 4pm	\$ 80	\$ 130
AQF- 213	Sunday, December 14	1pm – 4pm	\$ 80	\$ 130
AQW- 220	Sunday, January 25	1pm – 4pm	\$ 80	\$ 130
AQW-221	Sunday, February 15	1pm – 4pm	\$ 80	\$ 130
AQW-222	Sunday, March 15	1pm – 4pm	\$ 80	\$ 130

**AMERICAN RED CROSS - LIFEGUARD TRAINING (10 - 12 sessions):****Minimum class size: 6**

This course is designed to provide the basic skills of the American Red Cross Life Guarding course. Upon the successful completion of all course requirements, the participant can earn the following certifications: Lifeguard Training / Waterfront Lifeguarding/ First Aid, CPR for the Professional Rescuer/AED, and Oxygen Administration. **Participants must be 15 years of age (proof of age required) and they must attend all sessions** (this is a certification requirement). Fee includes all books and materials. Be prepared to swim during each class session. **This class has a prerequisite skill assessment administered during the first session.** The skill test includes:

- a) Swim 20 yards starting in the water, retrieve a 10lb. brick from a depth of no less than 7 feet (no more than 14 feet), swimming back to the starting point with the brick in tow using a one arm sidestroke (one handed grasp on the brick) or whip kick on the back – elementary backstroke legs (with a two handed grasp on the brick) get out at the wall where you started in under 1 minute 40 seconds b) 550 yard swim: front crawl and breast stroke, sidestroke, elementary backstroke c) 2 minutes treading water without using hands/arms d) 20 yard underwater swim with ring retrieval. If the participant fails the skill assessment, a full refund will be issued upon receipt of all issued materials. Dates/ times are subject to change based on program needs

AQW- 151	Sun., 12/21, Mon., 12/22, Tues. 12/23, Fri. 1/2, Sat. 1/3 and Sun., 1/4	8am - 5pm daily except Sundays 1 - 9pm	\$ 350	\$ 400
AQS- 152	March 30 – April 4	8am - noon and 4 - 8pm	\$ 350	\$ 400
AQX- 153	Sun., June 14 – Sat. June 20 No class Friday 6/19	8am - 5pm Mon. - Thurs. Sat. and Sun. 1 - 9pm	\$ 350	\$ 400

**AMERICAN RED CROSS - LIFEGUARD TRAINING UPDATES AND CHALLENGES: Minimum class size: 4**

This course is intended for current certified lifeguards seeking recertification. In this 2-session class, updated information will be provided and pertinent skills required for recertification will be taught. Participants are expected to read the NEW *Lifeguard Training* textbook prior to class; perform rescue skills in first aid, CPR for the Professional Rescuer, AED and Lifeguard Training; take written examinations; and take any prerequisite skill tests from the Lifeguard Training class. Textbook fee included in the class cost.

AQF- 190	Sunday, September 28	1pm - 9pm	\$ 170	\$ 220
AQF- 191	Sunday, October 19	1pm - 9pm	\$ 170	\$ 220
AQF- 192	Sunday, November 9	1pm - 9pm	\$ 170	\$ 220
AQF- 193	Sunday, December 14	1pm - 9pm	\$ 170	\$ 220
AQW- 194	Sunday, January 25	1pm - 9pm	\$ 170	\$ 220
AQW- 195	Sunday, February 15	1pm - 9pm	\$ 170	\$ 220
AQW- 196	Sunday, March 15	1pm - 9pm	\$ 170	\$ 220

**WATER SAFETY INSTRUCTOR: WSI (10-12 Sessions)****Minimum class size: 6**

This course is designed to provide swimming instructors with the basic knowledge to teach American Red Cross Swimming and Water Safety Courses. Upon the successful completion of all course requirements the participants will earn their certification as a Water Safety Instructor for the American Red Cross. **Participants must be at least 16 years old before the course ends (proof of age required) and they must attend all sessions** (this is a certification requirement). This class also includes the Fundamentals of Instructor Training Course (a pre-requisite). Fee includes all books and materials. Come prepared to swim daily. There is a prerequisite swimming skill test required for this course (25 yards each of front crawl, back stroke, breaststroke, elementary backstroke, sidestroke and butterfly). If a participant fails the prerequisite test their entire fee will be refunded upon the return of all issued materials. There will be a meal break on any scheduled 8 hour day. Dates/times are subject to change based on program needs.

AQF- 180	Sundays, Sept. 21, Oct. 2 & 23, Nov. 2 & 23 and Dec. 2	1pm – 9pm	\$ 405	\$ 455
AQW- 181	Sundays, Jan 11 & 18, Feb. 1, 8, March 8 & 22	1pm – 9pm	\$ 405	\$ 455
AQS- 182	Sundays, April 5, 19 & 26, May 3, 10 & 17	1pm – 9pm	\$ 405	\$ 455
AQX- 183	Tues. and Thurs., June 23 - July 30	6pm – 9pm	\$ 405	\$ 455