

# AMERICAN RED CROSS TRAINING



Join the **NEXT GENERATION** of Red Cross Training! The Kenosha YMCA is a leader in providing up-to-date training and certification through the American Red Cross. We regularly offer certification and review courses in **Lifeguard Training, CPR/AED for the Professional Rescuer and Healthcare Provider, and Water Safety Instructor Training**. If you have any questions about which course is right for you, please contact Beth Volbrecht at 262.654.9622 ext. 224.

## LIFEGUARD TRAINING + WATERFRONT SKILLS

**Course Content & Prerequisites:** This course is designed to provide participants with the knowledge and skills to prevent, recognize, and respond to emergencies in and around pool and waterfront environments. Participants must successfully complete the following prerequisite swimming skills: 550-yard, continuous swim using front crawl and/or breaststroke; tread water for 2 minutes using only the legs; swim 20 yards, retrieve a 10 pound brick from a maximum depth of 12 feet, then swim 20 yards with both hands on the brick; and swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart, surface and swim to the wall. Participants must be 15 or older by completion of course.

**Certificate:** American Red Cross Lifeguarding & Waterfront Skills (includes CPR/AED and First Aid), upon successful completion of the written and physical skills tests. Certificate is valid for 2 years.

Fee: Member \$225 General Public: \$250

## LIFEGUARDING REVIEW

The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. Participants will have the opportunity to view video segments, practice and perform skills for evaluation and complete the final written exam(s) for the course being reviewed. The course includes: Lifeguarding, CPR/AED, First Aid, and Waterfront Skills if needed. Participants must bring their current certificate, CPR resuscitation mask, and be prepared to complete the swimming skills pretest (see above). Certificate is valid for 2 years.

Individuals with a current (ARC) Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate may participate in a review course.

Pretest for these certifications is:

- 300-Yard Swim
- Tread Water (2 minutes w/o hands)
- Timed Event (retrieve brick)

Fee: Member \$115 General Public: \$135

## STANDARD FIRST AID

**Course Content & Prerequisites:** While you can't predict when an emergency will occur, you can be prepared. Responders will gain the knowledge and skills necessary to give care in an emergency, help sustain life, and minimize the consequences of injury or sudden illness until medical help arrives. There are no prerequisites for this course. Certificate is valid for 2 years.

Fee: Member \$45 General Public: \$55

## WATER SAFETY INSTRUCTOR TRAINING

**Course Content & Prerequisites:** Each year the American Red Cross teaches more than 2 million children and adults to swim. Red Cross Water Safety Instructors are in demand throughout the country and certification is recognized nationwide, so you can work wherever you go.

As a Water Safety Instructor, you will be able to teach:

- Learn to Swim Aquatics, Levels 1-6
- Parent and Child Aquatics
- Preschool Aquatics
- Adult Swim
- Water Safety Courses and Presentations

Here are just a few of the many reasons to get certified as a Water Safety Instructor and join our winning team:

- Have fun working with your friends and peers in a safe environment
- Gain terrific work experience as an aquatics professional
- Earn money, or join a volunteer team, while teaching people to swim
- Gain the respect of your peers and community
- Learn leadership and teaching skills that will help you in any career
- Make a difference in others' lives as well as your own
- Teach skills that may save a life

Proficient swimming strokes and skills exceeding Level 5 and current CPR and Community First Aid certification are required for successful completion. Participants must be 16 or older by completion of course

**NEW CLASS STRUCTURE:** Blended learning; consisting of instructor led and online instruction.

Fee: Member \$250 General Public: \$275

## TEACH SWIMMING LESSONS & SAVE A LIFE!



# ARC TRAINING SCHEDULE

## CPR/AED FOR THE PROFESSIONAL RESCUER & HEALTHCARE PROVIDER

Course Content & Prerequisites: The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers program is to train professional-level rescuers to respond and provide care to breathing and cardiac emergencies in adults, children, and infants until more advanced medical personnel take over.

The program combines discussions and video with hands-on skills training to promote effective learning and keep students motivated. The course is based on real-life rescue scenarios and lessons that reinforce decision-making skills so that you can be confident when responding to an emergency. There are no prerequisites for this course. Certificate is valid for 2 years.

Fee: Member \$75 General Public: \$85

## CPR/AED FOR THE PROFESSIONAL RESCUER & HEALTHCARE PROVIDER – REVIEW

Prerequisites for this course: holding a current certification. Must bring your CPR resuscitation mask. Certificate is valid for 2 years.

Fee: Member \$45 General Public: \$55

**The American Red Cross also offers a FREE online refresher center to keep your knowledge and skills sharp so you are ready to respond. Visit [www.redcrossrefresher.com](http://www.redcrossrefresher.com).**

## FREQUENTLY ASKED QUESTIONS

### 1. What should I bring to a Red Cross class at the YMCA?

A copy of the course manual. Plan to bring a bag lunch for Saturday (full day) courses. If taking a review class, your current certificate and resuscitation mask.

For Lifeguarding classes: a towel, goggles, appropriate swimwear, a snack and water bottle. We will go from the pool to the classroom often, so wear comfortable clothes. Optional: your whistle and nylon hip pack.

### 2. How do I get the manual for my class?

Go to [www.redcross.org](http://www.redcross.org) to download to an e-reader or tablet or print. Please do this before attending class.

### 3. Do you have to be an athlete or on the swim team to become a Lifeguard?

Not necessarily. However you'll need to complete the pretest as listed on previous page successfully. You should be comfortable in the water, demonstrate breath control, and use a strong kick that moves you forward. During the breaststroke you should demonstrate the 'Pull, Breathe, Kick, Glide' technique. Goggles can be worn only during the 550 yard swim.

### 4. Who is eligible to participate in a Lifeguarding Review class?

The Lifeguarding Review course is for those individuals with a current American Red Cross Lifeguarding or Lifeguarding & Waterfront Skills certificate. If your certificate has expired or you hold a certificate from a different organization you should take the full Lifeguarding or Lifeguarding & Waterfront Skills course.

CLASS	DAY & DATE	TIME
LIFEGUARD TRAINING + WATERFRONT SKILLS	Monday, May 8	5:00pm-9:00pm
	Tuesday, May 9	5:00pm-9:00pm
	Friday, May 12	5:00pm-9:00pm
	Saturday, May 13	9:00am-5:00pm
	Monday, May 16	5:00pm-9:00pm
	Tuesday, May 17	5:00pm-9:00pm
	Monday, June 5	5:00pm-9:00pm
	Tuesday, June 6	5:00pm-9:00pm
	Friday, June 9	5:00pm-9:00pm
	Saturday, June 10	9:00am-5:00pm
	Sunday, June 11	1:00pm-8:00pm
	Monday, June 12	5:00pm-9:00pm
	Tuesday, June 13	5:00pm-9:00pm
	Monday, July 17	5:00pm-9:00pm
	Tuesday, July 18	5:00pm-9:00pm
	Friday, July 21	5:00pm-9:00pm
	Saturday, July 22	9:00am-5:00pm
Sunday, July 23	11:00am-5:00pm	
Monday, July 24	5:00pm-9:00pm	
Tuesday, July 25	5:00pm-9:00pm	
CPR/AED	Saturday, August 19	9:00am-5:00pm
CPR/AED Review	Monday, April 10	4:30pm-9:00pm
FIRST AID	Monday, August 14	4:30pm-9:00pm
LIFEGUARD REVIEW	Friday, May 26	5:00pm-9:00pm
	Saturday, May 27	9:00am-5:00pm
	Sunday, May 28	1:00pm-8:00pm
*Includes: CPR/AED & First Aid	Friday, June 2	5:00pm-9:00pm
	Saturday, June 3	9:00am-5:00pm
	Sunday, June 4	1:00pm-8:00pm



# BECOME A LIFEGUARD

