



American Red Cross

Training provided by the Ahwatukee Community Swim, Tennis & Event Center

LIFEGUARDING AED CPR FIRST AID



BABYSITTING

Adult & Pediatric First Aid/CPR/AED

on Friday, December 2nd
from 9:00am-3:00pm
for \$99

Purpose:

The blended learning course equips students to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants.

Format:

- Blended learning format (the online portion must be completed prior to attending the Instructor-led skills session)
- Instructor-led skills session

Upon successful completion:

A valid 2 year digital certificate for Adult and Pediatric First Aid/CPR/AED will be issued.

Babysitter's Training and Pediatric First Aid/CPR

on Saturday, January 28th
from 9:00am-3:00pm
for \$99

Purpose:

This course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about pediatric first aid/CPR. The recommended age for this course is 11-15 years old.

Format:

- Instructor-led skills session

Upon successful completion:

A valid 2 year digital certificate will be issued.

Lifeguarding

on Saturday, March 18th or Saturday, May 14th
from 8:00am-4:00pm
for \$199

Purpose:

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Format:

- Blended learning format (the online portion must be completed prior to attending the Instructor-led skills session)
- Instructor-led skills session

Upon successful completion:

A valid 2 year digital certificate for Lifeguarding/First Aid/CPR/AED will be issued.

Lifeguarding Review

on Sunday, May 21st
from 12noon-4:00pm
for \$139

Purpose:

An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course.

Format:

- Blended learning format (the online portion must be completed prior to attending the Instructor-led skills session)
- Instructor-led skills session

Upon successful completion:

A valid 2 year digital certificate for Lifeguarding/First Aid/CPR/AED will be issued.

Certification classes can be created for a group organization or company at a discounted price for the following courses: Anaphylaxis & Epinephrine Auto-Injector, Asthma Inhaler Training, Bloodborne Pathogens Training, CPR for Professional Rescuers, First Aid for Public Safety Personnel, Lifeguarding, Safety Training for Swim Coaches, Babysitter's Training, Basic Life Support, First Aid/CPR/AED, Wilderness & Remote First Aid, Head/Neck/Muscle/Bone/Joint Injuries & Splinting, and Life-threatening Bleeding and Tourniquet Application.

Visit www.ahwatukeecommunitycenter.com or email alysawwhiteley@ahwatukeehoa.com for more information!