

Lifeguard

Pre-requisite: All course participants must be a minimum age of 15 on or before the final scheduled class. In the beginning of the course, there will be a Pre-course Session, in which you will be required to pass a skills test. The skills you must perform are as follows:
Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl (a.k.a. freestyle) using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
- 100 yards of breaststroke
- 100 yards of either front crawl using rhythmic breathing or breaststroke. These 100 yards may be a mixture of front crawl and breaststroke. (This is not a timed event. Prospective students must show only that they can swim 300 yards using the strokes above without stopping)
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface, and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. When returning to the starting point, you must hold the 10 pound object with both hands and must keep your face above water.

If you do not pass the pre-course skills test, a refund will not be issued.

Description: This course is for those who have never taken an American Red Cross Lifeguard Course before, or for those who have an expired Lifeguard certificate. This course prepares candidates with the necessary skills needed to prevent and respond to aquatic emergencies at a pool. This course includes training in Lifeguarding and First Aid (certificate is valid for 3 years) and CPR/AED for Lifeguards (Certificate is valid for 1 year). This course does not include Waterfront Lifeguard. **Course participants must attend all dates and times of course sessions. Duration of Course: 40 hours Course Fee: \$300.00**

Course #	Date	Time	Location
62664	Monday, May 11 th Wednesday, May 13 th Friday, May 15 th Monday, May 18 th Wednesday, May 20 th Friday, May 22 nd	3:30pm-9:00pm	Ardsley Middle School
62666	Tuesday, May 26 th Wednesday, May 27 th Thursday, May 28 th Friday, May 29 th	9:30am-5:30pm	Sarah Lawrence College-Bronxville
62665	Monday, June 1 st Wednesday, June 3 rd Friday, June 5 th Monday, June 8 th Wednesday, June 10 th Friday, June 12 th	3:30pm-9:00pm	Ardsley Middle School
62667	Wednesday, June 10 th Monday, June 15 th Tuesday, June 16 th Wednesday, June 17 th	4:00pm-9:00pm	Mohawk Day Camp
62668	Monday, June 22 nd Tuesday, June 23 rd Wednesday, June 24 th Thursday, June 25 th Friday, June 26 th	9:00am-5:00pm	Saxon Woods Park

Lifeguard Review

Pre-requisite: All course participants must possess current American Red Cross certificates in Lifeguard and CPR/AED for the Professional Rescuer or equivalent.

Description: This course renews Lifeguard, First Aid and CPR/AED for the Professional Rescuer certifications. Please note that this is a review course and you must bring your current Lifeguard, First Aid and CPR/AED for the Professional Rescuer certificates, a pocket mask, and your Lifeguard textbook to class. Lifeguarding and First Aid certificate is valid for 3 years and CPR/AED for Lifeguards certificate is valid for 1 year. **Course participants must attend all dates and times of course sessions.**

Duration of Course: 22 Hours Course Fee: \$150.00

Course #	Date	Time	Location
62711	Friday, May 15 th Saturday, May 16 th Sunday, May 17 th	9:30am-5:30pm	White Plains YWCA
62712	Monday, June 22 nd Tuesday, June 23 rd Wednesday, June 24 th	9:30am-5:30pm	White Plains YWCA

Lifeguard Management

Pre-requisite: None

Description: This course is ideal for Head Lifeguards. Candidates will learn the skills and knowledge to create an environment that keeps patrons, lifeguards, and the aquatic facility safe. This course covers responsibilities of a lifeguard supervisor, the selection and training of lifeguards, team building, and principles of injury prevention, risk management, and emergency response planning. **Course participants must attend all dates and times of course sessions.**

Duration of Course: 7.5 hours Course Fee: \$

Course #	Date	Time	Location
62713	Saturday, June 20 th	9:00am – 4:30pm	Westchester Chapter

Waterfront Lifeguard Bridging

Pre-requisites: Posses current American Red Cross certificates in LG & CPR/AED for the Professional Rescuer. Participants must be a minimum age of 15 years old on or before the final scheduled class.

In the beginning of this course, there will be a **Pre-course testing session (challenge)**, in which **you will be required to pass skills tests from the Lifeguard course.**

You must perform the following skills:

1. Swim 555 yards continuously; using these strokes in the following order (this is not a timed event)
 - 200 yards of front crawl (a.k.a. freestyle) using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front
 - 200 yards of Breast stroke
 - 150 yards of either front crawl using rhythmic breathing or breast stroke. These 100 yards may be a mixture of front crawl and breast stroke.
2. Swim 20 yards using front crawl or breast stroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound Object, return to surface, and swim 20 yards back to the starting point with the object and exit the water without using a ladder of steps, within 1 minute, 40 seconds.
3. Swim 5 yards; submerge and retrieve 3 dive rings placed 5 yards apart in 4-7 feet of water; re-surface and swim 5 yards to side of pool.

You will also be given a written exam on the information presented in the Lifeguard course (including both First-Aid and CPR/AED for the Professional Rescuer material). **You must pass the pre-course written examination with a minimum grade of 80% or better in each of the three sections to continue in the Waterfront portion of this class. If you do not pass the pre-course skills test, a refund will not be issued.** Please bring your current certificates, pocket mask, Lifeguard workbook and fins to the first course session. The training materials are needed for this class and will not be provided by American Red Cross or Training Location.

Description: Teaches Lifeguards the skills needed to prevent and respond to aquatic emergencies in a non-surf waterfront facility (lakes & beaches). **Course participants must attend all dates and times of course sessions.**

Duration of Course: 25 hours Course Fee: \$175.00

Course #	Date	Time	Location
62670	Friday, June 5 th Saturday, June 6 th Sunday, June 7 th	1:00pm - 6:00pm 9:00am – 6:00pm 9:00am – 6:00pm	Sparkle Lake
62669	Tuesday, June 6 th Wednesday, June 10 th Monday, June 22 nd Wednesday, June 24 th	9:00am-4:00pm 4:00pm-9:00pm 4:00pm-9:00pm 4:00pm-9:00pm	Mohawk Day Camp

Babysitter's Training

This training course is designed for participant's ages 11 to 15 years old. Course participants will gain knowledge, skills and confidence to care for infants and school-age children. This course has recently been updated, expanded and redesigned for today's babysitters and includes new products to make the course more engaging than ever.

This course will teach the following:

- Care for children and infants
- Be a good leader and role model
- Make good decisions and solve problems
- Keep the children you baby sit and yourself safe
- Handle emergencies such as injuries, illnesses and household accidents
- Write resumes and interview for jobs

Course Fee: \$65.00

Course #	Date	Time	Location
61508	Sunday, May 17 th	9:00am – 4:00pm	Westchester Chapter
61509	Sunday, June 14 th	9:00am – 4:00pm	Westchester Chapter
62747	Sunday, July 12 th	9:00am – 4:00pm	Westchester Chapter
62748	Sunday, August 9 th	9:00am – 4:00pm	Westchester Chapter
62749	Sunday, September 13 th	9:00am – 4:00pm	Westchester Chapter
62750	Sunday, October 4 th	9:00am – 4:00pm	Westchester Chapter
62751	Sunday, November 8 th	9:00am – 4:00pm	Westchester Chapter
62752	Sunday, December 13 th	9:00am – 4:00pm	Westchester Chapter

CPR/AED - Adult

Participants learn adult CPR and AED (Automated External Defibrillator) skills to respond to breathing and cardiac emergencies as well as how to use the AED. Certificate is valid for 1 year.

Duration of Course: 5 hours Course Fee: \$60.00

Course #	Date	Time	Westchester Chapter
61405	Saturday, April 25 th	9:00am – 2:00pm	Westchester Chapter
61406	Tuesday, May 12 th	6:00pm – 11:00pm	Westchester Chapter
61408	Wednesday, June 10 th	5:00pm – 10:00pm	Westchester Chapter
62780	Saturday, June 27 th	9:00am – 2:00pm	Westchester Chapter
62781	Wednesday, July 8 th	5:00pm – 10:00pm	Westchester Chapter
62782	Saturday, July 25 th	9:00am – 2:00pm	Westchester Chapter
62783	Tuesday, August 11 th	5:00pm – 10:00pm	Westchester Chapter
62784	Saturday, August 29 th	9:00am – 2:00pm	Westchester Chapter
62785	Wednesday, September 16 th	5:00pm – 10:00pm	Westchester Chapter
62786	Thursday, September 24 th	5:00pm – 10:00pm	Westchester Chapter
62787	Saturday, October 10 th	9:00am – 2:00pm	Westchester Chapter
62788	Thursday, October 22 nd	5:00pm – 10:00pm	Westchester Chapter
62789	Sunday, November 8 th	9:00am – 2:00pm	Westchester Chapter
62790	Thursday, November 19 th	5:00pm – 10:00pm	Westchester Chapter
62791	Sunday, December 6 th	9:00am – 2:00pm	Westchester Chapter
62792	Wednesday, December 16 th	5:00pm – 10:00pm	Westchester Chapter

CPR/AED – Adult Review

This course will allow you to refresh your skills in order to be recertified in adult CPR and AED without attending the complete course. You will review the emergency action steps, heart attack signs and symptoms, and all CPR and AED skills. To be eligible for a review course, participants must possess a current certificate or a certificate that has expired within the last year in Adult CPR or Adult CPR/AED certificate. You must bring your own workbook, Adult CPR/AED skill card and certification to class. Certificate is valid for 1 year.

Duration of Course: 3 hours Course Fee: \$45.00

Course #	Date	Time	Location
61415	Thursday, May 7 th	6:00pm – 9:00pm	Westchester Chapter
61416	Wednesday, June 3 rd	6:00pm – 9:00pm	Westchester Chapter
62767	Thursday, July 9 th	6:00pm – 9:00pm	Westchester Chapter
62769	Wednesday, August 19 th	6:00pm – 9:00pm	Westchester Chapter
62768	Thursday, September 17 th	6:00pm – 9:00pm	Westchester Chapter
62770	Tuesday, October 20 th	6:00pm – 9:00pm	Westchester Chapter
62771	Wednesday, November 4 th	6:00pm – 9:00pm	Westchester Chapter
62772	Thursday, December 3 rd	6:00pm – 9:00pm	Westchester Chapter

CPR/AED - Adult/Child plus CPR - Infant

Participants will learn how to recognize and care for breathing, choking and cardiac emergencies in adults, children and infants as well as how to use an AED (Automated External Defibrillator). Certificate is valid for 1 year.

Duration of Course: 8 hours Course Fee: \$90.00

Course #	Date	Time	Location
61424	Saturday, May 2	9:00am – 5:00pm	Westchester Chapter
61425	Saturday, May 23 rd	9:00am – 5:00pm	Westchester Chapter
61426	Saturday, June 6 th	9:00am – 5:00pm	Westchester Chapter
61427	Saturday, June 20 th	9:00am – 5:00pm	Westchester Chapter
62806	Friday, July 10 th	9:00am – 5:00pm	Westchester Chapter
62807	Friday, August 7 th	9:00am – 5:00pm	Westchester Chapter
62809	Sunday, September 13 th	9:00am – 5:00pm	Westchester Chapter
62810	Sunday, September 20 th	9:00am – 5:00pm	Westchester Chapter
62811	Saturday, October 3 rd	9:00am – 5:00pm	Westchester Chapter
62812	Sunday, October 18 th	9:00am – 5:00pm	Westchester Chapter
62813	Thursday, November 5 th	9:00am – 5:00pm	Westchester Chapter
62814	Saturday, November 21 st	9:00am – 5:00pm	Westchester Chapter
62815	Tuesday, December 1 st	9:00am – 5:00pm	Westchester Chapter
62816	Sunday, December 13 th	9:00am – 5:00pm	Westchester Chapter

CPR/AED - Adult/Child plus CPR – Infant Review

This course will allow you to refresh your skills in order to be recertified in Adult, Child and/or Infant CPR/AED without attending the complete course. You will review the emergency action steps, heart attack signs and symptoms, and all CPR and AED skills. To be eligible for a review course, participants must possess current American Red Cross certifications in CPR/AED – Adult, Child plus CPR-infant that is current or has expired within the last year. You must bring your own workbook, Adult CPR/AED and Infant/Child CPR/AED skill cards and certification to class. Certificate is valid for 1 year.

Duration of Course: 4 hours Course Fee: \$60.00

Course #	Date	Time	Location
61432	Thursday, May 14 th	6:00pm – 10:00pm	Westchester Chapter
61433	Thursday, June 11 th	5:00pm – 9:00pm	Westchester Chapter
62761	Wednesday, July 15 th	5:00pm – 9:00pm	Westchester Chapter
62762	Monday, August 10 th	5:00pm – 9:00pm	Westchester Chapter
62763	Monday, September 7 th	6:00pm – 10:00pm	Westchester Chapter
62764	Tuesday, October 13 th	6:00pm – 10:00pm	Westchester Chapter
62765	Thursday, November 12 th	6:00pm – 10:00pm	Westchester Chapter
62766	Thursday, December 10 th	5:00pm – 9:00pm	Westchester Chapter

CPR/AED for the Professional Rescuer

This course combines a participant's manual, lectures and video with hands-on skills training to cover the following areas:

- Responding to breathing and cardiac emergencies in adults, children and infants
- Using an AED on adult and child victims of cardiac arrest
- Using personal protective equipment to stop blood borne pathogens and other diseases from spreading

Effective January 1st, 2009, the following changes have resulted in a new validity period for certificates; Healthcare Providers and Professional Rescuers will receive a certificate which will be valid for two (2) years. The certificate will be titled “**CPR/AED for the Healthcare Provider or CPR/AED for the Professional Rescuer**”. The certificate for Lifeguards will be valid for one (1) year. The certificate will be titled “**CPR/AED for Lifeguards**”.

Duration of Course: 8 hours Course Fee: \$95.00

Course #	Date	Time	Location
61456	**Wednesday, May 6 th & Thursday, May 7 th	6:00pm – 10:00pm	Westchester Chapter
61457	Saturday, May 16	9:00am – 5:00pm	Westchester Chapter
61458	**Wednesday, June 10 th & Thursday, June 11 th	6:00pm – 10:00pm	Westchester Chapter
61459	Saturday, June 27 th	9:00am – 5:00pm	Westchester Chapter
62741	Tuesday, July 7 th & Wednesday, July 8 th	6:00pm – 10:00pm	Westchester Chapter
62742	Tuesday, August 4 th & Wednesday, August 5 th	6:00pm – 10:00pm	Westchester Chapter
62743	Tuesday, September 8 th & Wednesday, September 9 th	6:00pm – 10:00pm	Westchester Chapter
62744	Wednesday, October 7 th & Thursday, October 8 th	6:00pm – 10:00pm	Westchester Chapter
62745	Wednesday, November 4 th & Thursday, November 5 th	6:00pm – 10:00pm	Westchester Chapter
62746	Tuesday, December 15 th & Wednesday, December 16 th	6:00pm – 10:00pm	Westchester Chapter

CPR/AED for the Professional Rescuer Review

This course is ideal for Lifeguards and Healthcare Professionals that have a current or recently expired CPR/AED for the Professional Rescuer certificate. Please note that this is a review course and you must bring your CPR/AED for the Professional Rescuer Certificate, pocket mask, and your Lifeguard or CPR/AED for the Professional Rescuer workbook to class.

Duration of Course: 5 hours Course Fee: \$75.00

Course #	Date	Time	Location
61478	Monday, May 4 th	5:00pm – 10:00pm	Westchester Chapter
61479	Sunday, May 17 th	9:00am – 2:00pm	Westchester Chapter
61480	Sunday, June 7 th	9:00am – 2:00pm	Westchester Chapter
61481	Wednesday, June 17 th	6:00pm – 11:00pm	Westchester Chapter
62753	Thursday, July 16 th	5:00pm – 10:00pm	Westchester Chapter
62754	Thursday, July 30 th	5:00pm – 10:00pm	Westchester Chapter
62755	Thursday, August 6 th	5:00pm – 10:00pm	Westchester Chapter
62756	Monday, August 24 th	5:00pm – 10:00pm	Westchester Chapter
62757	Tuesday, September 15 th	5:00pm – 10:00pm	Westchester Chapter
62758	Wednesday, October 21 st	5:00pm – 10:00pm	Westchester Chapter
62759	Wednesday, November 18 th	5:00pm – 10:00pm	Westchester Chapter
62760	Thursday, December 17 th	5:00pm – 10:00pm	Westchester Chapter

CPR/AED—Child plus CPR - Infant

Designed for teachers, parents and others who care for children, this course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children up to 12 years old. Training in the use of and AED (Automated External Defibrillator) on children will be included. Certificate is valid for 1 year.

Duration of Course: 6 hours Course Fee: \$75.00

Course #	Date	Time	Location
61442	Saturday, May 16 th	9:00am – 3:00pm	Westchester Chapter
61443	Saturday, June 13 th	9:00am – 3:00pm	Westchester Chapter
62793	Saturday, July 11 th	9:00am – 3:00pm	Westchester Chapter
62794	Sunday, August 23 rd	9:00am – 3:00pm	Westchester Chapter
62795	Saturday, September 5 th	9:00am – 3:00pm	Westchester Chapter
92796	Sunday, September 27 th	9:00am – 3:00pm	Westchester Chapter
62797	Sunday, October 4 th	9:00am – 3:00pm	Westchester Chapter
62798	Saturday, October 24 th	9:00am – 3:00pm	Westchester Chapter
62799	Saturday, November 14 th	9:00am – 3:00pm	Westchester Chapter
62800	Sunday, November 22 nd	9:00am – 3:00pm	Westchester Chapter
62801	Sunday, December 6 th	9:00am – 3:00pm	Westchester Chapter
62802	Sunday, December 20 th	9:00am – 3:00pm	Westchester Chapter

Standard First Aid & CPR/AED - Adult

Our most comprehensive training course for lay responders, this session provides training in adult CPR and AED (Automated External Defibrillator) skills. Certificate is valid for 1 year. First Aid topics include bandaging, splinting, care of burns, poisoning, diabetic emergencies, bites and stings, heat and cold emergencies and seizures. Certificate is valid for 3 years.

Duration of Course: 8 hours Course Fee: \$85.00

Course #	Date	Time	Location
61885	Sunday, May 3 rd	9:00am – 5:00pm	Westchester Chapter
61886	Saturday, May 23 rd	9:00am – 5:00pm	Westchester Chapter
61887	Saturday, June 6 th	9:00am – 5:00pm	Westchester Chapter
61888	Sunday, June 21 st	9:00am – 5:00pm	Westchester Chapter
50095	Saturday, July 11 th	9:00am – 5:00pm	Westchester Chapter
50098	Sunday, July 26 th	9:00am – 5:00pm	Westchester Chapter
62773	Saturday, August 8 th	9:00am – 5:00pm	Westchester Chapter
62774	Sunday, August 23 rd	9:00am – 5:00pm	Westchester Chapter
62775	Saturday, September 12 th	9:00am – 5:00pm	Westchester Chapter
62776	Sunday, September 27 th	9:00am – 5:00pm	Westchester Chapter
62777	Saturday, October 3 rd	9:00am – 5:00pm	Westchester Chapter
62778	Sunday, October 18 th	9:00am – 5:00pm	Westchester Chapter
62779	Saturday, November 7 th	9:00am – 5:00pm	Westchester Chapter
62803	Sunday, November 22 nd	9:00am – 5:00pm	Westchester Chapter
62804	Saturday, December 5 th	9:00am – 5:00pm	Westchester Chapter
62805	Sunday, December 20 th	9:00am – 5:00pm	Westchester Chapter

First Aid

Description: Participants will learn how to recognize and care for victims of injuries and sudden illness. Topics include bandaging, splinting, care of burns, poisoning, diabetic emergencies, bites and stings, heat and cold emergencies and seizures. Certificate is valid for 3 years.

Duration of Course: 4 hours Course Fee: \$75.00

Course #	Date	Time	Location
61490	Saturday, May 9 th	9:00am – 1:00pm	Westchester Chapter
61492	Tuesday, June 9 th	6:00pm – 10:00pm	Westchester Chapter
62724	Saturday, July 25 th	9:00am – 1:00pm	Westchester Chapter
62725	Sunday, August 9 th	9:00am – 1:00pm	Westchester Chapter
62726	Saturday, September 12 th	9:00am – 1:00pm	Westchester Chapter
62727	Saturday, October 10 th	9:00am – 1:00pm	Westchester Chapter
62728	Saturday, November 7 th	9:00am – 1:00pm	Westchester Chapter
62429	Saturday, December 5 th	9:00am – 1:00pm	Westchester Chapter

Wilderness First Aid

Pre-Requisite: You must have current Adult CPR certification or a higher certification that includes Adult CPR. You must bring your current CPR certificate to the first session.

Description: Participants will learn how to recognize and care for victims of injuries, sudden illness and injury in an outdoor setting. Topics include bandaging, splinting, seizures, heat and cold emergencies, care of burns, poisoning, diabetic emergencies, bites and stings. This course is perfect for Scout Leaders and is designed for emergency situations where the response time for professional help is anticipated to be more than 30 minutes. Certificate is valid for 3 years. **Course participants must attend all dates and times of course sessions.**

Duration of Course: 18 hours Course Fee: \$100.00

Course #	Date	Time	Location
62740	Monday, June 1 st Tuesday, June 2 nd Wednesday, June 3 rd Thursday, June 4 th	5:00pm – 9:30pm	Westchester Chapter

Epinephrine Training (Epi-pen)

Pre-Requisite: You must have current Adult or Child CPR certification or equivalent. You must bring your current CPR certificate to the first session.

Description: This course will teach participants the skills and knowledge necessary to recognize and provide care to a person experiencing a breathing emergency until advanced medical personnel arrives and takes over and identify the signals of anaphylaxis. This course includes the demonstration of an epinephrine auto-injector.

Duration of Course: 2 hours Course Fee: \$20.00

Course #	Date	Time	Location
62690	Thursday, May 21 st	8:00pm – 10:00pm	Westchester Chapter
62730	Thursday, June 18 th	8:00pm – 10:00pm	Westchester chapter

Responding to Emergencies (RTE)

Pre-Requisite: You must have a current or recently expired Adult CPR certification or equivalent certification that includes Adult CPR. You must bring your current or recently expired CPR certificate to the first session.

Description: This is a more in-depth First Aid course. Participants will learn how to recognize and care for victims of injuries and sudden illness. Topics include bandaging, splinting, care of burns, poisoning, diabetic emergencies, bites and stings, heat and cold related emergencies and seizures. This course does not include a CPR component. **This course meets New York State Department of health requirements for Camp Health Officers (First Aid only). Camp Health Officers should register for the CPR/AED for the Professional Rescuer course separately. This course also meets the New York State Education Department requirement for coaches (First Aid only). Coaches should register for the Adult CPR/AED course separately.** Certificate is valid for 3 years. This course includes the Epinephrine Pen module which will be taught the last 2 hours on the last day of the course. Certificate is valid for 1 year. **Course participants must attend all dates and times of course sessions.**

Duration of Course: Course Fee: \$175.00

Course #	Date	Time	Location
62736	Monday, May 18, 2009 Tuesday, May 19, 2009 Wednesday, May 20, 2009 Thursday, May 21, 2009	5:00pm-10:00pm	Westchester Chapter
62737	Monday, June 15, 2009 Tuesday, June 16, 2009 Wednesday, June 17, 2009 Thursday, June 18, 2009	5:00pm-10:00pm	Westchester Chapter

Responding to Emergencies (RTE) Review

This course will allow you to refresh your skills in order to be recertified in RTE without attending the complete course. You must have current or recently expired Adult CPR certification or equivalent certification that includes Adult CPR. You must bring your current or recently expired CPR, RTE certificates and RTE workbook to the first session. **This course meets New York State Department of Health requirement for Camp Health Officers (for First-Aid ONLY). Camp Health Officers should register for the CPR/AED for the Professional Rescuer course separately. This course also meets the New York State Education Department requirement for coaches (for First Aid Only). Coaches should register for the Adult CPR/AED course separately.** Certificate is valid for 3 years.

Duration of Course: 5 hours Course Fee: \$85.00

Course #	Date	Time	Location
62132	Saturday, May 16 th	9:00am – 2:00pm	Westchester Chapter
62738	Saturday, May 30 th	9:00am – 2:00pm	Westchester Chapter
62739	Saturday, August 8 th	9:00am – 2:00pm	Westchester Chapter

Lay Responder First Aid/CPR/AED Instructor

Pre-Requisite: Participants must be a minimum age of 17 on or before the final scheduled class. In the beginning of the course, there will be a pre-course session, in which you will be required to pass a skills test. The skills you must perform are as follows:

- Check the victim: unconscious Adult/Child/Infant
- Check the victim: conscious Adult/Child/Infant
- Removing gloves
- Conscious Choking: Adult/Child/Infant
- Unconscious Choking: Adult/Child/Infant
- CPR for Adult/Child/Infant
- Proper method to control severe bleeding
- Splinting techniques: anatomic splint (legs), soft splint (ankle), rigid splint (forearm), sling and binder (arm)

Please note that your rescue breathing skills will be checked as part of Child/Infant CPR.

You will also be given written exams on the information presented in the Lay Responder First Aid, CPR & AED classes (Adult, Child, and Infant). Please note, this is not a teaching session. You will not be taught how to do any of the skills from the base-level course in the Pre-course session. You will be expected to know the skills already. If you have not taken a CPR and/or First Aid class recently or if the course(s) that you took did not include all of the following skills, we strongly recommend that you take the appropriate course before attending this Pre-course Testing Session. **If you do not pass the pre-course skills test, a refund will not be issued.** Please bring all of your base level certificates, skill cards and workbook to the first session.

Description: This course will prepare you to instructor courses in First Aid, Adult, Child and Infant CPR/AED for the Workplace, Schools and Community, Responding to Emergencies, Blended Learning and Sports Safety Training.

Course Fee: \$250.00

Course #	Date	Time	Location
62672	Tuesday, May 12 th	5:00pm-10:00pm	Westchester Chapter
	Monday, May 18 th	9:00am-3:00pm	
	Tuesday, May 19 th	9:00am-3:00pm	
	Wednesday, May 20 th	9:00am-3:00pm	

****Course participants must attend all dates and times of course sessions**

CPR/AED for the Professional Rescuer Instructor

Pre-Requisite: Participants must be a minimum age of 17 on or before the final scheduled class. In the beginning of the course, there will be a pre-course session, in which you will be required to pass a skills test. The skills you must perform are as follows:

- Initial Assessment
- Conscious choking (Airway Obstruction) for Adult/Child/Infant
- Unconscious Choking (Airway Obstruction) for Adult/Child/Infant
- CPR for the Adult/Child/Infant
- Two Rescuer CPR – Adult/Child/Infant
- Use of Bag-valve Mask
- AED/CPR skills scenarios
- Removing gloves

Please note that your rescue breathing, positioning the victim and primary survey skills will be checked as part of CPR. All skills are performed using your Resuscitation (pocket) mask.

You will also be given a written exam on the information presented in the CPR/AED for the Professional Rescuer course. Please note that this is not a teaching session. You will not be taught how to do any of the skills from the base-level course in the Pre-course testing session. You will be expected to know the skills already. If you have not taken a CPR/AED for the Professional Rescuer class recently or if the course that you took did not include all of the following skills, we strongly recommend that you take CPR/AED for the Professional Rescuer class before this pre-course testing session. **If you do not pass the pre-course skills test, a refund will not be issued.** Please bring all of your base level certificates, skill cards and workbook to the first session.

Description: This course will prepare you to instructor courses in CPR/AED for the Professional Rescuer for Healthcare Providers, Lifeguards and Professional Rescuers.

Course Fee: \$250.00

Course #	Date	Time	Location
62674	Monday, June 1 st Thursday, June 4 th Friday, June 5 th	9:00am-4:00pm	Westchester Chapter

****Course participants must attend all dates and times of course sessions**

Water Safety Instructor

Pre-requisite: Participants must be a minimum age of 16 on or before the final scheduled class. In the beginning of the course, there will be a pre-course session, in which you will be required to pass a skills test. The skills you must perform are as follows:

- Front crawl-25 yards
- Back crawl-25 yards
- Breaststroke-25 yards
- Elementary Breastsroke-25 yards
- Sidestroke-25 yards
- Butterfly-15 yards
- Maintain position on back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute

All strokes must be performed consistently with Stroke Performance Level 4

If you do not pass the pre-course skills test, a refund will not be issued.

Description: This course prepares candidates to teach American Red Cross Learn-to-Swim and general water safety courses. The Initial instructor certificate that is issued is valid for 2 years.

Course Fee: \$385.00

Course #	Date	Time	Location
62679	Sunday, May 17 th Monday, May 18 th Wednesday, May 20 th Friday, May 22 nd Saturday, May 23 rd Sunday, May 24 th	9:30am - 5:30pm 4:30pm - 9:00pm 4:30pm - 9:00pm 4:30pm - 9:00pm 9:30am - 5:30pm 9:30am - 5:30pm	SUNY Purchase College-Purchase, NY
62704	Monday, June 1 st Tuesday, June 2 nd Friday, June 5 th Monday, June 8 th Tuesday, June 9 th Thursday, June 11 th Friday, June 12 th Monday, June 15 th Tuesday, June 16 th Wednesday, June 17 th	4:00pm - 8:00pm	Camp Hillard- Scarsdale, NY
62680	Saturday, June 6 th Sunday, June 7 th Tuesday, June 9 th Wednesday, June 10 th Thursday, June 11 th Saturday, June 13 th Sunday, June 14 th	9:00am - 4:00pm 9:00am - 4:00pm 4:00pm - 9:00pm 4:00pm - 9:00pm 4:00pm - 9:00pm 9:00am - 4:00pm 9:00am - 4:00pm	Mohawk Day Camp- White Plains, NY

****Course participants must attend all dates and times of course sessions**