

Right now, stop and think!

Would you know what to do in the event of an emergency? What if your mother was having a heart attack or your baby was choking? Would you have time to think about it?

Life is so precious!

Learning CPR & First Aid is worth three to four hours of your valuable time. Protect your family by making a commitment to be an educated first responder. It may mean the difference between life and death!

Babysitter Training course also available. For more information, please call the Program Director at ext. 1401.

You may register in person at the YMCA, or call (760) 635-3050.

CPR & FIRST AID



A little time out from your life could mean a lifetime to someone else!

CPR

This class covers adult, child and infant CPR. This class is extremely popular! Participants are encouraged to enroll early. Participants will receive a two-year American Heart Association Certification. This class is an Emergency Medical Services Authority Approved program and meets day care licensing requirements and meets California Teaching Credential requirement. We will only provide the American Heart Association Heartsaver course. Not a healthcare provider course. For more information, please call the Program Director at ext. 1401.

AGES: 12 years and older

DAY/TIME: Saturday/
9:00 am-12:30 pm
9:00 am-1:00 pm
with AED

DATES: 6/20/09; 7/18/09; 8/15/09

FEES: \$30/\$40
\$45/\$60 with AED

LOCATION: Multi Use Center

WEB CODE: 25SI CPR



LB_6.09

CPR Re-Certification

Must provide CPR card within 60 days of expiration to class. Other details the same as above except for the following:

DAY/TIME: Tuesday/6:00-9:00 pm

DATES: 6/16/09; 7/21/09;
8/18/09

FEES: \$30/\$45 for
Re-Certification

LOCATION: Conference Room C

WEB CODE: 25SI CPRRE

CPR/Automatic External Defibrillator

The CPR/AED Heartsaver Course teaches the basic techniques of adult CPR and use of an automatic external defibrillator. You will also learn First Aid for choking. We will only provide the American Heart Association Heartsaver course. Not a healthcare provider course.

DAY/TIME: Saturday/
9:00 am-1:00 pm

DATES: 6/20/09; 7/18/09;
8/15/09

FEES: \$45/\$60

LOCATION: Multi Use Center

WEB CODE: 25SI CPRAED

First Aid

This class covers injury assessment, bleeding control, fractures, strains, sprains, burns, care for shock and other medical illnesses. Two-year certification. Emergency Medical Services Authority Approved program. OSHA approved. For more information, please call the Program Director at ext. 1401.

AGES: 12 years and older

DAY/TIME: Saturday/1:30 pm-4:30 pm

DATE: 8/15/09

FEES: \$30/\$40

LOCATION: Multi Use Center

WEB CODE: 25SI AID

CPR & First Aid Combo

This class covers CPR and basic First Aid. Participants should bring a sack lunch.

AGES: 12 years and older

DAY/TIME: Saturday/
9:00 am-4:30 pm

DATE: 8/15/09

FEES: \$53/\$65
\$65/\$85 with AED

LOCATION: Multi Use Center

WEB CODE: 25SI COMBO; 25SI COMAED

