



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# SUMMER 2011 CPR, AED & FIRST AID

**LEARN  
TEACH  
SAVE LIVES**

## **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!

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

## **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.

Ages: **12 years and older**

Day/Time: **Saturday | 1:30-4:30 pm**

Dates: **August 20 | November 19**

Location: **Multi-Use Center**

Fees: **\$40 | \$50**

Code: **25SI AID**

## **CPR, AED & 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**

Dates: **August 20 | November 19**

Location: **Multi-Use Center**

Fees: **\$70 | \$85**

Code: **25SI COMAED**

## **CPR/Automatic External Defibrillator**

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. 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: **June 18 | July 16 | August 20 | September 17**

Location: **Multi-Use Center**

Fees: **\$50 | \$62**

Code: **25SI CPRAED**

**\*BABYSITTER TRAINING AVAILABLE FOR GROUPS**

**You may register in person at the YMCA, or call 760.635.3050.**

For more information, please call the Program Supervisor at 760.942.96222, ext. 1285.

**ARTS & ENRICHMENT  
MAGDALENA ECKE FAMILY YMCA**

