

# Lifeguard Certifications at TriHealth Pavilion 2012



Register  
Today!

## Lifeguard Training Review (For Current Lifeguards)

\$180 members, \$200 non-members

February 27, 28, & 29 5:00 p.m.-9:00 p.m. (12 hours)

June 11, 12, 13 from 5:00 p.m.-9:00 p.m. (12 hours)

With early enrollment by February 13, or June 1, you receive a 10% discount

## Lifeguard Training (For New Lifeguards)

\$325 members, \$350 non-members (32 hours)

May 17-21, Thursday–Monday Thursday, Friday nights 5:00 p.m.-9:00 p.m.

Saturday & Sunday 8:00 a.m.-5:00 p.m.

With early enrollment by May 7, you receive a 10% discount

## CPR for the Professional Rescuers and Health Care Providers

\$100 for Members, \$110 for Non-members

Saturday, February 18 9:00 a.m.-4:00 p.m. (7hours)

Saturday, May 12 9:00 a.m.-4:00 p.m. (7 hours)

With early enrollment by February 11, or May 5, you receive a 10% discount

## Adult and Pediatric First Aid/CPR/AED

\$100 for Members, \$110 for Non-members

Saturday, March 10 8:00 a.m.-2:30 p.m. (6.5hours)

Saturday, June 9 8:00 a.m.-2:30 p. m. (6.5hours)

With early enrollment by March 3, or June 2. you receive a 10% discount

For more information please contact  
Terry Youngs, Aquatics & GF Supervisor  
985-6742

[terry\\_youngs@trihealth.com](mailto:terry_youngs@trihealth.com)



# Pre-requisites and Descriptions

## Lifeguard Training Review

Ideal for current lifeguards needing to recertify their training. Fast paced review of Lifeguard training, First Aid, CPR/AED for the Professional Rescuer. This is a 12 hour class. Prerequisites are to hold current ARC cert in both CPR/AED/FPR/Lifeguarding & First Aid, you must bring these to first class, and pass the lifeguard prescreening. (See Lifeguard Training below for the pre screening)

**You MUST attend all class sessions. No make-ups! No exceptions! No refunds on missed classes.**

## Lifeguard Training

Learn the skills and knowledge needed to prevent and respond to aquatic emergencies as a professional lifeguard. Course content and activities include decision making, skills, interacting with the public, recognizing and responding to all types of emergencies, equipment-based rescue skills, spinal injury management and other current topics. Successful participants will receive certificates in Lifeguard Training, First Aid, CPR/AED for the professional rescuer and OSHA Blood Borne Pathogen.

**Pre-screening includes:** - Minimum age of 15, bring proof of age to the first class, wear a one piece swim suit for all water sessions - Swim 300 yards swimming continuously using the following strokes: 100 yards of front crawl 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 using a pull, breathe, kick and glide sequence. 100 yards of either the front crawl or breaststroke. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, 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.

**You MUST attend all class sessions. No make-ups! No exceptions! No refunds on missed classes.**

## CPR for the Professional Rescuer and Healthcare Provider

To train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This course has been updated to meet the ECC 2010 guidelines.

## Adult and Pediatric First Aid/CPR/AED

The American Red Cross Standard First Aid with CPR/AED - Adult and Child plus CPR - Infant course incorporates the 2010 ECC standards. It will help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in the program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive certificates for Standard First Aid with CPR/AED - Adult and Pediatric which are valid for two years.

**Please Note: For all life guarding classes we will be doing a prescreening of your swimming skills before the class starts. (If you are not a good swimmer we would suggest doing a free stroke clinic with American Red Cross, before our classes begin.) You will also have to repeat these skills on the first day of class. We need a minimum of 6 participants for the class to be held. Thank you for your interest.**