

## AMERICAN RED CROSS TRAININGS

**All Courses will have a blended learning component in order to best comply with social distancing concerns. This means there will be some online and some in person requirements.**

Please understand, based on the nature of the course, there will be some hands on and close interactions with others in the class. Students will be expected to fill out a health form and be temperature checked before each in person session. Students need to comply with NYS travel quarantine rules in order to participate in the course.

**Instructors Jennifer and Tristan Dixon**

**To sign up please contact Jenn Dixon at 518-231-4200 text or voicemail or @  
jenn.dixon.us@gmail.com**

### Blended Learning Course

#### **CPR for the Professional Rescuer and First Aid - Recert**

CPR Recertification for previously Red Cross certified or current lifeguards who want to renew CPR certifications.

Cost Member \$60

Schedule Distance Learning component, must be completed before in persons sessions 8/6 – 1pm  
– 5pm

### Blended Learning Course

#### **CPR for the Professional Rescuer and First Aid – Full Course**

Certification is for First Aid and CPR for the Professional Rescuer w/AED.

Cost Member \$75

Schedule Distance Learning component, must be completed before in persons sessions 8/14 – 2pm  
-8pm

### Blended Learning Course

#### **American Red Cross Lifeguard Training**

**This class is for those who want to be certified as a lifeguard. Certification includes First Aid and CPR for the Professional Lifeguard w/AED.** A pre-test of swimming skills and endurance is administered prior to the first day of class. To successfully complete this training, you need to attend all the classes.

Age 15 and Older

Cost Member \$375

Schedule Distance Learning component, must be completed before in persons sessions  
Pretest to be scheduled individually with the instructor before the class begins.  
In person session – Sat. - Sun • 8/22 – 8/23 • 8am - 5pm  
Once you sign up you will be contacted for virtual learning time.

Or Tuesday – Thursday 8/25 – 8/27– 11am – 5pm

Or Sat. – Sun – 8/29 – 8/30 – 8am – 5pm

### Blended Learning Course

#### **American Red Cross Lifeguard Re-Certification**

This course is for anyone who currently holds a lifeguard certification and wants to re-new it. Re-certification includes First Aid and CPR for the Professional Lifeguard w/AED. Please be prepared to take a written exam and demonstrate your skills.

Age 15 and Older

Cost Member \$150

Schedule Monday 8/24 – 11am – 8pm