

NEW PROGRAMS ADDED TO THE SUMMER GUIDE

CPR / FIRST AID / AED

Ages 12 & UP | Cascade Swim Center

In emergency situations, having the skills and knowledge to respond effectively can make a life-saving difference. The Comprehensive CPR, First Aid, and AED Training course is designed to equip participants with the essential skills required to provide immediate assistance and support to individuals experiencing medical emergencies. Whether you're a concerned citizen, a healthcare professional, a teacher, a coach, or anyone who wants to be prepared to respond in critical situations. This is a hybrid class with 3 hours of online work and 1 hour of in-person training. The instructor will email the link and instructions a week prior to the class date. Participants will have 1 week to complete the online portion. The online portion must be completed before attending the in-person training.

DATES & TIMES:

Session 1	M	7/08	5:30pm-6:30pm
Session 2	M	8/12	5:30pm-6:30pm

COSTS: \$100.00 I/D; \$130.00 O/D

WILDERNESS FIRST AID

Ages 12 & UP | Redmond Proficiency Academy OSP Building

Discover the critical skills and knowledge required to provide effective first aid in remote and wilderness settings with our comprehensive Wilderness First Aid Essentials course. Designed for outdoor enthusiasts, adventure guides, hikers, campers, and anyone who ventures into the great outdoors, this course equips you with the tools to confidently respond to medical emergencies when professional help may be hours away. Must be CPR certified to take this course. Receive a \$59 refund if you take our CPR course prior to taking this course.

DATES & TIMES:

Session 1	SA & SU	7/27-7/28	8:00am-5:00pm
Session 2	SA & SU	8/17-8/18	4:30pm-6:00pm

COSTS: \$400.00 I/D; \$520.00 O/D

CHILD AND BABYSITTING SAFETY (CABS)

Ages 12 & UP | Cascade Swim Center



Are you interested in babysitting or taking care of younger siblings? This course will help you to learn the basics of taking care of children if an emergency should happen. The primary objective of this training

program is to educate babysitters and caregivers on essential safety practices and guidelines when caring for children. By the end of this training, participants will have a comprehensive understanding of various safety measures and protocols, enabling them to provide a secure environment for the children under their supervision. Class includes interactive sessions, demonstrations, and Q&A.

DATES & TIMES:

Session 1	M	7/15	1:00pm-3:00pm
Session 2	M	8/05	1:00pm-3:00pm

COSTS: \$60.00 I/D; \$78.00 O/D