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# **Red Cross Programs**

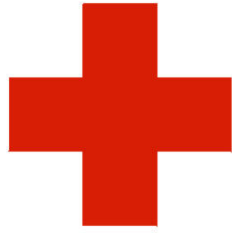


## **FALL 2013**

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TODAY**



**SAN MATEO  
ATHLETIC CLUB  
AQUATICS**



# American Red Cross

## Red Cross Lifeguard Certification Course

American Red Cross Lifeguard Training is a certification for all lifeguards. This course is designed to teach basic lifesaving and water safety skills recommended for pool supervision. Certifications include Lifeguarding, AED, CPR for the Professional Rescuer and First Aid.

**Ages:** 15 & Up

**Dates:** Session 1: Tuesday, September 3<sup>rd</sup> – Friday, September 6<sup>th</sup>

**Time:** 5 - 10pm each day. 100 % attendance is required to complete the course

## Red Cross CPR & AED Course

This course is designed to teach individuals how to respond using CPR and an AED in emergency situations. Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults and how to use automatic external defibrillators.

**Ages:** 15 & Up

**Date:** Session 1: Sunday, September 1<sup>st</sup>

**Times:** 11:00am – 3:00pm



