



# Course Schedule

## Registering is easy:

- **Register Online** at [www.lowcountryredcross.org](http://www.lowcountryredcross.org)
- **By Phone** (800) 342-4062 then Option 3, with a credit or debit card (Visa, MasterCard, American Express), M-F between the hours of 8:30am and 4:30pm, excluding major holidays.
- **In Person** by bringing your payment to our office at least 2 business days prior to the day of the class. *Make check or money order payable to the American Red Cross, Carolina LowCountry.*

***Pre-registration and payment are required at least 48 hours in advance of class date.***

***This schedule is subject to change.***

### **Class locations (unless otherwise noted):**

American Red Cross, Carolina Lowcountry  
Chapter  
8085 Rivers Avenue, Suite F  
North Charleston, SC 29406  
(843) 764-2323

American Red Cross, Palmetto Service Center  
59 Sheridan Park Circle  
Bluffton, SC 29910  
(843) 757-7437

Challenges, offered some Fridays, allow you to re-certify without participating in a full course. You are required to take and pass the written and physical skills test without any prompting from the instructor in order to receive an updated certification card. Only those who feel confident and knowledgeable in the respective areas should register to Challenge a course. You will get ONE attempt to pass the challenge. There are NO REFUNDS for participants who attempt a challenge and do not pass. 50% of your challenge fee can be applied to the price of taking a full course. Contact the chapter for more information on challenges.

**Do you need training for a group of people?** If so, contact us to discuss our Full Service classes for groups of 8 or more participants. Full Service classes can be held at our location or yours and can be scheduled to meet your organization's needs.

## ***Save Money With Online Learning!***

Did you know that most of our classes are now available with an online training component, at an even lower price than our regular class prices?

- The classroom portion of the class is administered online. You may complete your classroom training and written test at a time that is convenient for you, 24 hours a day.
- You will then register for a skills training session, in which you will learn and practice the skills portion of the training. Skills sessions are scheduled several times per month and are usually less than 2 hours.

To register for an Online Learning course or to view a list of courses, visit our website at [www.lowcountryredcross.org](http://www.lowcountryredcross.org) and click on Health and Safety, and look for the Online Training button.

## **Frequently Asked Questions:**

### ***Can I register now and pay on the day of class?***

No. Payment is required before your name will be added to a class roster and before a slot will be held for you. Our instructors are not equipped to process registrations and payments on the day of a class. Registration and payment are required at least 2 business days prior to class so we can plan the appropriate instructors and materials for each class. (Online Registration is available up to 5 business days prior to the class date. Call us if you would like to register for a class that is being held in less than 5 days).

### **REFUND POLICIES:**

If you need to transfer a class, please let us know *at least* two full working days in advance so we may fill your space. Please be sure to call during regular business hours (M-F, 8:00am – 4:30pm, excluding major holidays).

Cancellation with at least two business days notice:

- Full refund minus a \$10 processing fee, **or**
- Transfer into another scheduled course at full value, with a maximum of two transfers permitted. After the third cancellation, any fees paid will be lost.

Cancellation with less than two business days notice:

- A refund of 50% of the payment made for the course, **or**
- Transfer into another scheduled class, with a maximum of two transfers permitted. After the third cancellation, any fees paid will be lost.

**No refunds for individuals who fail to show for the scheduled course, or who do not pass the course, or who do not pass any class pre-requisites.**

### ***What if the class is canceled by the American Red Cross?***

We reserve the right to cancel a class if there are less than 6 paid participants. Paid registration fees will be applied to the next available course that fits your schedule. We will contact you by phone at least 48 hours in advance to inform you of a cancellation.

### ***Can lost certificates be replaced?***

We can replace certificates for any course taught at the Carolina Lowcountry Chapter, as long as your certification is still valid. Simply provide the course name, location and completion dates when making your request. A \$10.00 processing fee will be assessed for each replacement certificate issued.

### ***What if I'm late to class?***

Since the core of most programs is taught at the beginning of class, session starting times are firm. Late arrivals are admitted at the discretion of the instructor, but tardiness may affect certification. If you arrive too late or miss a scheduled class, a re-registration fee may be assessed to register for another class.

### ***How actively must I participate in class?***

To receive certification, you must attend all class sessions and pass both skills and written testing. Since some of the skills practice takes place on the floor, please wear comfortable, non-restrictive clothing.



### ***CEUs Now Available for Many Courses!***

The American Red Cross has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET). CEUs (continuing education units) are offered as an add-on to training courses completed through the American Red Cross. For more information or to order CEU credit, please visit [www.redcross.org/store](http://www.redcross.org/store). Individuals are strongly encouraged to check with their specific regulatory boards, employers or other agencies to confirm that courses taken for IACET CEUs will be accepted by that entity.

# First Aid/CPR/AED Classes

## ADULT CPR/AED

Length: 4 hours

(1<sup>st</sup> 4-hours of the course times listed below)

## ADULT CPR/AED—WITH FIRST AID

Length: 6-1/2 hours

### Classroom Training:

See prices on schedule

### Online Training option:

\$45 (no First Aid) or \$55 (with First Aid)

Skill session required.

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class.

Learn the skills needed to prevent, recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive. This course covers first aid and adult CPR, featuring hands-on practice and real-life scenarios. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Also includes training in using an automated external defibrillator (AED) and is updated with the latest science for first aid, CPR and emergency cardiovascular care. Meets OSHA First Aid Guidelines.

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$65 per person (add \$10 for First Aid)</b>			
Jul. 7	8:30 – 3:00	W	N. CH.
Jul. 15	8:30 – 3:00	TH	N. CH.
Jul. 17	8:30 – 3:00	SA	N. CH.
Jul. 23	8:30 – 3:00	F	N. CH.
Jul. 27	8:30 – 3:00	T	N. CH.
Jul. 31	8:30 – 3:00	SA	N. CH.
Aug. 4	8:30 – 3:00	W	N. CH.
Aug. 10	8:30 – 3:00	T	N. CH.
Aug. 14	8:30 – 3:00	SA	N. CH.
Aug. 19	8:30 – 3:00	TH	N. CH.
Aug. 27	8:30 – 3:00	F	N. CH.
Sep. 1	8:30 – 3:00	W	N. CH.
Sep. 8	8:30 – 3:00	W	N. CH.
Sep. 18	8:30 – 3:00	SA	N. CH.
Sep. 24	8:30 – 3:00	F	N. CH.
Sep. 27	8:30 – 3:00	T	N. CH.
Oct. 5	8:30 – 3:00	T	N. CH.
Oct. 12	8:30 – 3:00	T	N. CH.
Oct. 16	8:30 – 3:00	SA	N. CH.
Oct. 22	8:30 – 3:00	F	N. CH.
Oct. 30	8:30 – 3:00	SA	N. CH.
Nov. 2	8:30 – 3:00	T	N. CH.
Nov. 13	8:30 – 3:00	SA	N. CH.
Nov. 19	8:30 – 3:00	F	N. CH.
Nov. 23	8:30 – 3:00	T	N. CH.
Dec. 4	8:30 – 3:00	SA	N. CH.
Dec. 8	8:30 – 3:00	W	N. CH.
Dec. 17	8:30 – 3:00	F	N. CH.
Dec. 28	8:30 – 3:00	T	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$40 per person (add \$10 for First Aid)</b>			
* Jul. 12	6:00 – 10:00pm	M	BLUFFTON
Jul. 15	8:30 – 3:00	TH	BLUFFTON
* Aug. 2	6:00 – 10:00pm	M	BLUFFTON
Aug. 12	8:30 – 3:00	TH	BLUFFTON
Sep. 9	8:30 – 3:00	TH	BLUFFTON
* Sep. 13	6:00 – 10:00pm	M	BLUFFTON
* Oct. 4	6:00 – 10:00pm	M	BLUFFTON
Oct. 15	8:30 – 3:00	TH	BLUFFTON
* Nov. 1	6:00 – 10:00pm	M	BLUFFTON
Nov. 18	8:30 – 3:00	TH	BLUFFTON
* Dec. 6	6:00 – 10:00pm	M	BLUFFTON
Dec. 9	8:30 – 3:00	TH	BLUFFTON
* Dates marked with a * do not offer First Aid			

**ADULT/CHILD/INFANT CPR/AED**

**Length: 6 hours.**

(1<sup>st</sup> 6 hours of the course times listed below)

**ADULT/CHILD/INFANT CPR/AED—WITH FIRST AID**

**Length:** 8-1/2 hours.

**Classroom Training:**

See prices on schedule

**Online Training option:**

\$70 (no First Aid) or \$80 (with First Aid)

Skill session required.

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class

Designed for childcare providers, teachers, parents and others who care for children, this course teaches participants how to recognize and care for breathing and cardiac emergencies in adults and in infants and children up to 12 years old. This also course covers First Aid and Adult/Child AED training. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Updated with the latest science for CPR and emergency cardiovascular care.

Dec. 15	8:30 – 3:00	W	N. CH.
Dec. 21	8:30 – 3:00	T	N. CH.
Dec. 28	8:30 – 3:00	T	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$80 per person (add \$10 for First Aid)</b>			
Jul. 10	8:30 – 5:00	SA	BLUFFTON
Jul. 17	8:30 – 5:00	SA	BLUFFTON
Aug. 7	8:30 – 5:00	SA	BLUFFTON
Aug. 21	8:30 – 5:00	SA	BLUFFTON
Sep. 4	8:30 – 5:00	SA	BLUFFTON
Sep. 18	8:30 – 5:00	SA	BLUFFTON
Oct. 2	8:30 – 5:00	SA	BLUFFTON
Oct. 16	8:30 – 5:00	SA	BLUFFTON
Nov. 6	8:30 – 5:00	SA	BLUFFTON
Nov. 20	8:30 – 5:00	SA	BLUFFTON
Dec. 4	8:30 – 5:00	SA	BLUFFTON
Dec. 18	8:30 – 5:00	SA	BLUFFTON

**CHILD/INFANT CPR/AED**

**Length:** 6 hours.

**CHILD/INFANT CPR/AED- WITH FIRST AID**

**Length:** 7-1/2 hours.

**Classroom Training:**

See prices on schedule

**Online Training option:**

\$50 (no First Aid) or \$60 (with First Aid)

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$85 per person (add \$10 for First Aid)</b>			
Jul. 8	8:30 – 5:00	TH	N. CH.
Jul. 13	8:30 – 5:00	T	N. CH.
Jul. 24	8:30 – 5:00	SA	N. CH.
Jul. 30	8:30 – 5:00	F	N. CH.
Aug. 2	8:30 – 5:00	M	N. CH.
Aug. 7	8:30 – 5:00	SA	N. CH.
Aug. 12	8:30 – 5:00	TH	N. CH.
Aug. 21	8:30 – 5:00	SA	N. CH.
Aug. 25	8:30 – 5:00	W	N. CH.
Aug. 31	8:30 – 5:00	T	N. CH.
Sep. 11	8:30 – 5:00	SA	N. CH.
Sep. 14	8:30 – 5:00	T	N. CH.
Sep. 21	8:30 – 5:00	T	N. CH.
Sep. 29	8:30 – 5:00	W	N. CH.
Oct. 9	8:30 – 5:00	SA	N. CH.
Oct. 14	8:30 – 5:00	TH	N. CH.
Oct. 23	8:30 – 5:00	SA	N. CH.
Oct. 26	8:30 – 5:00	T	N. CH.
Nov. 4	8:30 – 3:00	TH	N. CH.
Nov. 13	8:30 – 3:00	SA	N. CH.
Nov. 16	8:30 – 3:00	T	N. CH.
Nov. 23	8:30 – 3:00	T	N. CH.
Dec. 1	8:30 – 3:00	W	N. CH.
Dec. 11	8:30 – 3:00	SA	N. CH.

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$65 per person (add \$10 for First Aid)</b>			
Jul. 17	8:30 – 3:00	SA	N. CH.
Aug. 14	8:30 – 3:00	SA	N. CH.
Sep. 18	8:30 – 3:00	SA	N. CH.
Oct. 16	8:30 – 3:00	SA	N. CH.
Nov. 20	8:30 – 3:00	SA	N. CH.
Dec. 18	8:30 – 3:00	SA	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$40 per person (add \$10 for First Aid)</b>			
* Jul. 6	6:00 – 10:00pm	T	BLUFFTON
* Aug. 3	6:00 – 10:00pm	T	BLUFFTON
* Sep. 7	6:00 – 10:00pm	T	BLUFFTON
* Oct. 5	6:00 – 10:00pm	T	BLUFFTON
* Nov. 2	6:00 – 10:00pm	T	BLUFFTON
* Dec. 7	6:00 – 10:00pm	T	BLUFFTON
* Dates marked with a * do not offer First Aid			

## STANDARD FIRST AID

Length: 4 hours.

### Classroom Training:

See prices on schedule

### Online Training option:

\$25 (skill session required)

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class

Designed to teach participants how to identify and respond to emergencies and injuries. Participants will learn how to recognize signals of various soft tissue injuries (including burns), how to control bleeding and care for injuries to muscles, bones and joints, and how to care for sudden illnesses like seizures, poisoning, fainting, allergic reaction, diabetic emergency or stroke.

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$40 per person</b>			
Jul. 7	8:30 – 12:30	F	N. CH.
Aug. 20	8:30 – 12:30	F	N. CH.
Sep. 17	8:30 – 12:30	F	N. CH.
Oct. 15	8:30 – 12:30	F	N. CH.
Nov. 19	8:30 – 12:30	F	N. CH.
Dec. 17	8:30 – 12:30	F	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$40 per person</b>			
Jul. 10	2:00 – 4:30	SA	BLUFFTON
Jul. 17	2:00 – 4:30	SA	BLUFFTON
Aug. 7	2:00 – 4:30	SA	BLUFFTON
Aug. 21	2:00 – 4:30	SA	BLUFFTON
Sep. 4	2:00 – 4:30	SA	BLUFFTON
Sep. 18	2:00 – 4:30	SA	BLUFFTON
Oct. 2	2:00 – 4:30	SA	BLUFFTON
Oct. 16	2:00 – 4:30	SA	BLUFFTON
Nov. 6	2:00 – 4:30	SA	BLUFFTON
Nov. 20	2:00 – 4:30	SA	BLUFFTON
Dec. 4	2:00 – 4:30	SA	BLUFFTON
Dec. 18	2:00 – 4:30	SA	BLUFFTON

## Professional and Supplemental Courses

American Red Cross professional rescuer courses are designed for people with a job-related duty to respond in an emergency, including nurses, law enforcement, EMS personnel, fire fighters, business and industry response teams, lifeguards, flight attendants, and others who must take action in emergency situations.

### **CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTHCARE PROVIDER**

Length: 8 hours.

#### Classroom Training:

See prices on schedule

#### Online Training option:

\$75 (skill session required)

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class

Combines participant's manual, lectures and video with hands-on skills training to cover the following areas—

- Responding to breathing and cardiac emergencies in adults, children and infants
- Using an AED on an adult or child victim of cardiac arrest
- Using personal protective equipment to stop bloodborne pathogens and other diseases from spreading

Certification validity is 2 years for healthcare providers and 1 year for lifeguards.

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$95 per person</b>			
Jul. 10	8:30 – 5:00	SA	N. CH.
Jul. 21	8:30 – 5:00	W	N. CH.
Aug. 6	8:30 – 5:00	F	N. CH.
Aug. 21	8:30 – 5:00	SA	N. CH.
Sep. 10	8:30 – 5:00	F	N. CH.
Sep. 25	8:30 – 5:00	SA	N. CH.
Oct. 8	8:30 – 5:00	F	N. CH.
Oct. 23	8:30 – 5:00	SA	N. CH.
Nov. 5	8:30 – 5:00	F	N. CH.
Nov. 20	8:30 – 5:00	SA	N. CH.
Dec. 3	8:30 – 5:00	F	N. CH.
Dec. 18	8:30 – 5:00	SA	N. CH.
Dec. 29	8:30 – 5:00	W	N. CH.

<b>Location: Bluffton Red Cross</b>			
<b>Price: \$90 per person</b>			
Jul. 31	8:30 – 5:00	SA	BLUFFTON
Aug. 14	8:30 – 5:00	SA	BLUFFTON
Sep. 11	8:30 – 5:00	SA	BLUFFTON
Oct. 9	8:30 – 5:00	SA	BLUFFTON
Nov. 13	8:30 – 5:00	SA	BLUFFTON
Dec. 11	8:30 – 5:00	SA	BLUFFTON

### **ADMINISTERING EMERGENCY OXYGEN**

Length: 2½ hours. Course Fee: \$30.00

#### Classroom Training:

See prices on schedule

#### Online Training option:

\$20 (skill session required)

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class

Laypersons and professional rescuers learn when and how to use supplemental oxygen and breathing devices. Participants receive take-home skill sheets. Adult CPR certification is a pre-requisite for this course.

Date	Time	Day	Location
Contact the Chapter for more information.			

## EMERGENCY RESPONSE

Length: 40 hours.

### Classroom Training:

See prices on schedule

Designed for training first responders, this comprehensive course follows the 1995 US DOT First Responder National Standard Curriculum. Key content areas include—

- First aid for injuries and sudden illnesses
- Automated external defibrillation (AED)
- Preventing disease transmission (bloodborne pathogens)
- Using basic and supplemental oxygen breathing devices
- Spinal injury management
- Muscle, bone and joint injuries
- Special considerations for seniors and children
- Critical incident stress debriefing
- Emergency childbirth

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$349 per person</b>			
Oct. 18-22	8:30 – 5:00	M-F	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$325 per person</b>			
TBD	8:30 – 5:00	M-F	BLUFFTON

## BLOODBORNE PATHOGENS TRAINING: PREVENTING DISEASE TRANSMISSION

### Classroom Training:

See prices on schedule

### Online Training option:

\$20 (no skill session required)

[www.lowcountryredcross.org](http://www.lowcountryredcross.org) to start your online class

A training module for individuals who, while on the job, may be exposed to blood or other body fluids that could cause infection.

Bloodborne Pathogens training can be added on to a CPR/First Aid class for \$10, availability permitting.

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$20 per person</b>			
Jul. 7	3:00 – 4:30	W	N. CH.
Aug. 4	3:00 – 4:30	W	N. CH.
Sep. 1	3:00 – 4:30	W	N. CH.
Oct. 5	3:00 – 4:30	T	N. CH.
Nov. 2	3:00 – 4:30	T	N. CH.
Dec. 8	3:00 – 4:30	W	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$20 per person</b>			
Jul. 10	4:30 – 6:00	SA	BLUFFTON
Jul. 17	4:30 – 6:00	SA	BLUFFTON
Aug. 7	4:30 – 6:00	SA	BLUFFTON
Aug. 21	4:30 – 6:00	SA	BLUFFTON
Sep. 4	4:30 – 6:00	SA	BLUFFTON
Sep. 18	4:30 – 6:00	SA	BLUFFTON
Oct. 2	4:30 – 6:00	SA	BLUFFTON
Oct. 16	4:30 – 6:00	SA	BLUFFTON
Nov. 6	4:30 – 6:00	SA	BLUFFTON
Nov. 20	4:30 – 6:00	SA	BLUFFTON
Dec. 4	4:30 – 6:00	SA	BLUFFTON
Dec. 18	4:30 – 6:00	SA	BLUFFTON
<b>Course can also be completed entirely online.</b> Visit <a href="http://www.lowcountryredcross.org">www.lowcountryredcross.org</a> and click on <b>Health and Safety</b> . Click the <b>Online Training</b> button and register for the course <b>Universal Precautions</b> . Upon completion, you will receive your certification card in the mail.			

# Caregiving Courses

## BABYSITTER'S TRAINING

Length: 7 hours.

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children. Combining video, participant's handbook, activities, hands-on skills training and discussion for a complete learning experience, this course shows you how to—

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants

Date	Time	Day	Location
<i>Pre-registration required for all classes!</i>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$65 per person</b>			
Jul. 10	9:00 – 4:00	SA	N. CH.
Sep. 4	9:00 – 4:00	SA	N. CH.
Oct. 2	9:00 – 4:00	SA	N. CH.
Nov. 6	9:00 – 4:00	SA	N. CH.
Dec. 4	9:00 – 4:00	SA	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$45 per person</b>			
Jul. 28	9:00 – 4:00	W	BLUFFTON
Aug. 28	9:00 – 4:00	SA	BLUFFTON
Oct. 30	9:00 – 4:00	SA	BLUFFTON

## PET FIRST AID TRAINING

Length: 5 hours; includes comprehensive textbook.

For many of us our pets are a part of our family. As with human members of our family, it is important to be prepared for a pet's illness or injury. Learn the skills to care for an ill or hurt pet.

Topics include—

- Approaching a sick or injured pet
- Administering Medication
- Recognizing an emergency
- What is normal for *your* pet
- Detecting dehydration
- CPR and Rescue breathing
- Bruises, burns, bites, birthing, bones, joints and muscle injuries, allergic reactions and much, much more.

Date	Time	Day	Course#
Contact the Chapter for more information.			

# Aquatics and Water Safety

## Swimming and Lifeguarding Courses

Trust the leader in swimming and lifeguard training since 1914. Choose from a complete line of courses offering the best training for staying safe in, on and around the water. Courses incorporate the latest research and instructional techniques that make learning easier.

## American Red Cross Authorized Providers

Red Cross swimming and water safety programs, including Learn-to-Swim courses, lifeguarding, water safety instructor training and other programs, are offered by many Red Cross Authorized providers throughout the area. Please contact an Authorized Provider near you for more information.

Authorized Provider	Phone	Location
Mt. Pleasant Recreation – Aquatics <a href="http://www.townofmountpleasant.com">www.townofmountpleasant.com</a>	843-884-2528	R.L. Jones Pool, Park West Pool
City of Charleston Recreation – Aquatics <a href="http://www.charlestoncity.info">www.charlestoncity.info</a>	843-795-5759	Stephens Aquatic Center, Martin Luther King Pool
City of North Charleston Parks & Recreation – Aquatics <a href="http://www.northcharleston.org">www.northcharleston.org</a>	843-745-1063	Northwoods Park Pool, Felix Pickney Pool
Daniel Island Community <a href="http://www.dicomunity.org">www.dicomunity.org</a>	843-971-4405	Daniel Island
Berkeley Family YMCA <a href="http://www.bymca.com">www.bymca.com</a>	843-761-9622	Moncks Corner
Summerville YMCA <a href="http://www.summervilleyymca.org">www.summervilleyymca.org</a>	843-871-9622	Summerville
Jewish Community Center <a href="http://www.charlestonjcc.org">www.charlestonjcc.org</a>	843-571-6565	Charleston
Beaufort County PALS	843-812-7991	Beaufort
Island Recreation Center	843-681-7273	Hilton Head Island

## Lifeguard Training

Length: 28¼ (+/-) hours.

Course Fee: *Contact Authorized Provider for schedule & fees*

If you're 15 or older and looking for a great summer job or a challenging career, American Red Cross Lifeguarding is the best place to start. This course helps you develop skills and experience valued by colleges and future employers. You'll develop new skills and learn how to deal effectively with people, fostering a "take charge" attitude. You'll also get a participant's manual and tips for securing a lifeguarding job.

Classroom learning and hands-on practice build key skills—

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills in the water and on land
- First aid training and professional rescuer CPR to help you prepare for any emergency
- Professional lifeguard responsibilities, like interacting with the public and addressing uncooperative patrons

## Water Safety Instructor

Length: 30 hours.

Course Fee: *Contact Authorized Provider for schedule & fees*

If you're at least 16 and a proficient swimmer, you can become an American Red Cross Water Safety Instructor (WSI) and teach swimming and water safety courses. As a WSI, you can—

- Teach skills that may save a life
- Gain terrific work experience as an aquatics professional
- Earn money—or join a volunteer team—while you help people learn valuable skills
- Learn organizational and presentation skills that will help you in any career
- Help prepare swim coaches to prevent and respond to emergency situations
- Make a difference in people's lives

# Become a Red Cross Instructor!

## Instructor Training

Our train-the-trainer programs allow you to become a Red Cross instructor and train others to save lives. To become an instructor, follow these steps:

Your American Red Cross Instructor Course includes the following:

- 1) A basic level certification class in Adult/Child/Infant CPR, First Aid, and AED will be taught on the first day of class.
- 2) Fundamentals of Instructor Training (FIT). This four-hour course will also be included in your Lay Responder instructor course (may be required separately if you are taking a different type of instructor class). FIT is a prerequisite to all Red Cross instructor specialty courses. It is designed to offer potential Red Cross instructors an opportunity to become familiar with the services of the American Red Cross as well as basic teaching techniques.
- 3) Following the completion of your Instructor course, you will need to obtain Authorization to teach from the local Chapter.

## LAY RESPONDER FIRST AID/CPR/AED INSTRUCTOR

This course will certify individuals to teach the following courses:

- First Aid/CPR/AED for the Workplace
- First Aid/CPR/AED for Schools and the Community
- First Aid—Responding to Emergencies
- Sport Safety Training

Length: 34 hrs

Course includes basic level certification in Adult/Child/Infant CPR, First Aid, and AED. Also includes Fundamentals of Instructor Training.

Date	Time	Day	Location
<b>Pre-registration required for all classes!</b>			
<b>Location: North Charleston Red Cross</b>			
<b>Price: \$250 per person</b>			
July 21-24	8:30-5 each day	W,TH,F,S	N. CH.
Aug. 20,23,24,25,26	8:30-5 (20 <sup>th</sup> ), 6-10pm on other days	F,M,T,W,TH	N. CH.
Oct. 1,4,5,6,7	8:30-5 (1 <sup>st</sup> ), 6-10pm on other days	F,M,T,W,TH	N. CH.
Dec. 3,6,7,8,9	8:30-5 (3 <sup>rd</sup> ), 6-10pm on other days	F,M,T,W,TH	N. CH.
<b>Location: Bluffton Red Cross</b>			
<b>Price: \$195 per person</b>			
TBD	8:30-5 each day		BLUFFTON
TBD	8:30-5 each day		BLUFFTON

CPR/AED for the Professional Rescuer Instructor *Contact the Chapter for more information.*

Emergency Response Instructor *Contact the Chapter for more information.*