

# AMERICAN RED CROSS



**Memorial Athletic Club  
And Aquatics Center  
14690 Memorial Drive  
Houston Texas 77079  
281-497-7570**

Cost for most classes are members, \$25.00 and non-members \$30.00. Babysitting, and Community First Aid and Safety are \$40.00 and \$45.00. For additional information please call 281-497-7570. Please register in advance at the front desk for classes.

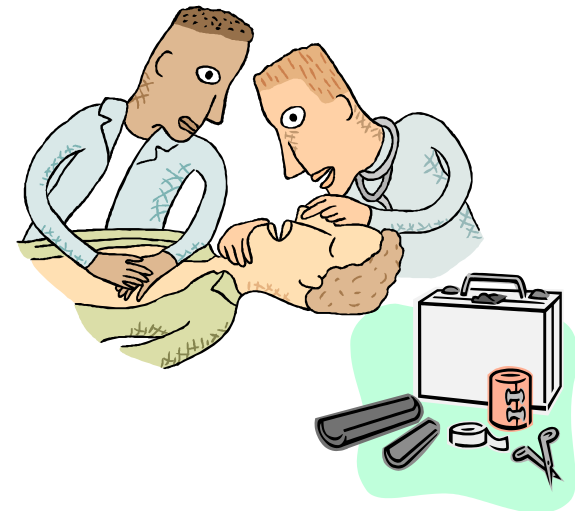


MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER

The following classes are offered at MAC by volunteers for the American Red Cross.

- CPR FOR ADULT INFANT CHILD
- CPR ADULT/AED
- CPR FOR THE PROFESSIONAL RESCUER
- CPR FOR THE HEALTHCARE PROVIDER
- AED ESSENTIALS
- FIRST AID BASICS
- STANDARD FIRST AID
- COMMUNITY FIRST AID AND SAFETY
- WORKPLACE TRAINING
- SPORT SAFETY TRAINING
- WSI-WATER SAFETY
- CPR FOR INFANT AND CHILD
- PROFESSIONAL RESCUE W/COMPONENTS
- BAT-BASIC AID
- FACT-FIRST AID FOR CHILDREN
- BABYSITTING
- OXYGEN ADMINISTRATION

## Community Red Cross Safety Classes April To September



**RED CROSS WATER SAFETY  
CLASSES ARE OFFERED IN OUR  
AQUATICS DEPARTMENT.  
CONTACT MAC AQUATICS FOR  
CURRENT INFORMATION.**

**Memorial Athletic  
Club and Aquatics Center  
281-497-7570  
[www.fitmac.com](http://www.fitmac.com)  
[conn\\_fit@hotmail.com](mailto:conn_fit@hotmail.com)  
Safety Supervisor: Vicki Williams**

## Red Cross Schedule Safety Programming

### APRIL 2010

#### 1. CPR/AED RECERTIFICATION

April 14th 3:00-5:00 pm Wednesday

#### 2. CPR/AED ADULT/CHLD/INF CERT

April 19th 5:30-9:00 pm Monday

### MAY 2010

#### 3. CPR/AED RECERTIFICATION

May 12 12:00-2:30 pm Wednesday

#### 4. CPR/AED ADLT/CHLD/INF CERT

May 22nd 12:00-3:30 pm Saturday

#### 5. FIRST AID BASICS

May 22nd 3:30-5:30 pm Saturday

### JUNE 2010

#### 6. CPR/AED RECERTIFICATION

June 9th 3:30-5:30 pm Wednesday

#### 7. CPR/AED ADLT/CHLD/INF CERT

June 19th 12:00-4:00 pm Saturday

#### 8. BABYSITTING-Ages 9-15

June 20th 11-3:30 pm Sunday

### JULY 2010

#### 9. CPR/AED RECERTIFICATION

July 7th 4-6:00 pm Wednesday

#### 10. CPR FOR THE PROFESSIONAL/AED

July 10th 1-6:00 pm Saturday

#### 11. FIRST AID BASICS

July 15th 1-3:30 pm Thursday

### CLASS SCHEDULE CONTINUED:

### AUGUST 2010

#### 12. CPR/AED ADLT/CHLD/INF CERT

August 14th 1:30-5:30 pm Saturday

#### 13. CPR/AED RECERTIFICATION

August 21st 1:30-4 pm Saturday

#### 14. FIRST AID BASICS

August 21st 4-6:00pm Saturday

### SEPTEMBER 2010

#### 15. CPR/AED RECERTIFICATION

Sept 15th 4-6:00 pm Wednesday

#### 16. FIRST AID BASICS

Sept 21st 1:30-3:30 pm Tuesday

### DESCRIPTIONS:

#### CPR Adult/Child/Infant

#### CPR Recertification

This course is taught in the American Red Cross format. This course prepares you for general rescue until professional help arrives. Learn basic skills to help enable a victim's chances of survival. The recertification is taught in a shorter review and skill assessment component.

### DESCRIPTIONS CONTINUED:

#### CPR/AED For Professional Rescuer

#### CPR For The Healthcare Provider

CPR for the beginning professional such as beginner firefighter, nurse or any profession requiring this as a pre-requisite.

AED is taught as a component or a stand alone to CPR. Automatic External Defibrillator is a short course to teach you how to use this piece of equipment. Using an AED can save a life.

First Aid Basics is a short course offering the essential components to ensure basic care for injuries and sudden illness. 3 year certification. Standard First Aid is a more extensive view of general care.

Community First Aid CPR/AED Includes First Aid and CPR, taught in two segments with a break in between component classes. This is a great course for new parents.

Babysitting Teaches kids up to 16 years skills and confidence to care for infants and school age children. This popular class has a component to identify safety hazards and prevent injuries. Babysitting certification is ongoing. Must bring a stuffed animal or doll. Books, certifications and snacks provided.

BAT-Basic Aid for Kids This course is designed for kids 7-12 years and teaches basic rescue. This course is approved for the scouting badge.