

AMERICAN RED CROSS



- **Memorial Athletic Club
and Aquatics Center
14690 Memorial Drive
Houston Texas 77079**

Cost for most classes are; members \$30.00 and non-members \$35.00. Babysitting, and Community First Aid and Safety are \$40.00 and \$45.00. For additional information please call 281-497-7570. Please register at the front desk at either club for our safety classes.



The following classes are some of what MAC and the Red Cross offer to the community.

CPR FOR ADULT INFANT CHILD
CPR ADULT/AED
CPR FOR THE PROFESSIONAL RESCUER
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

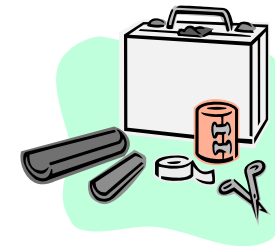


**RED CROSS WATER SAFETY
CLASSES ARE OFFERED IN
OUR AQUATICS
DEPARTMENT, PLEASE
CONTACT, FOR CURRENT
INFORMATION.**



MEMORIAL ATHLETIC CLUB
AND AQUATICS CENTER

Community Red Cross Safety Classes January-May 2012



**Memorial Athletic Club and
Aquatics Center 281-497-7570
MAC For Women 281-558-6691
www.fitmac.com conn_fit@hotmail.com
Safety Supervisor: Vicki Williams**

CLASS DESCRIPTIONS

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JANUARY 2012

1. CPR/AED RECERTIFICATION JAN 26TH

Thursday 2:30-4:30pm.

2. BABYSITTING W/FIRST AID JAN 28TH

Saturday 1-4:00pm.

FEBRUARY 2012

3. CPR/AED ADLT/CHLD/INF FEB. 4TH

Saturday 12:30-3pm (Full Certification)

4. FIRST AID BASICS FEB. 4TH

Saturday 3-5:00pm.

MARCH 2012

5. CPR/AED RECERTIFICATION MAR 26TH

Monday 3-5:00pm.

APRIL 2012

6. FIRST AID BASICS APRIL 16TH

Monday 2:00-4:00pm..

7. CPR/AED RECERTIFICATION APRIL 18TH

Wednesday 2:00-4:00pm.

MAY 2012

8. CPR/AED ADLT/CHLD/INF MAY 12TH

Saturday 12-3:30pm. (Full Certification)

JUNE TO DECEMBER 2012 COMING SOON.!

CPR Adult/Child/Infant

CPR Recertification

Professional Rescuer

Courses offering CPR for the lay person. CPR for the beginning professional such as beginning firefighter, nurse or any profession requiring this as a pre-requisite. Preventing, recognizing and basic care for breathing and cardiac emergencies until EMS arrives. Professional Rescuer also teaches bag-valve mask, suction, oxygen administration and AED and is 2 year cert.

AED is taught as a component or a stand alone to CPR and First Aid. 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. 2 year certification.

Standard First Aid is a more detailed review of identifying and caring for injuries and emergencies. Certification is for 2 years.

Community CPR/AED includes First Aid and CPR, taught in two segments with a break in between.

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 scouting badge.

Classes can be designated specific to your large church, school, scouting or neighborhood group. Contact Vicki Williams (281-497-7570) for information about designing a class specific to your group needs. Some classes can be used as merit badges. Please give at least one month notice for space considerations.