



Health and Safety Class Information



The Sonoma County Family YMCA offers American Red Cross Certification courses to our members and the community at large. Our instructors will guide you through the latest information, test your knowledge and process your certification. Your certification card will be mailed to you within 15 days of passing the course.

ADULT CPR - Members \$40, Program Members \$45, Non-Members \$50

Learn how to recognize an emergency and the first steps to care for a victim. Learn the symptoms of a heart attack, what to do about them, when and how to do CPR on adults, choke rescue, and rescue breathing. This class is four hours in length. Certification is valid for 1 year

ADULT CPR with AED - Members \$40, Program Members \$45, Non-Members \$50

Learn all the skills as Adult CPR with the added component of using the Automatic External Defibrillator. This class is four hours in length. Certification is valid for 1 year.

INFANT & CHILD CPR - Members \$40, Program Members \$45, Non-Members \$50

Learn how to perform CPR, choke rescue, and rescue breathing on infants and children (up to 8 years of age). This course is recommended for anyone caring for children under the age of 8 years old. This class is four hours in length. Certification is valid for 1 year.

FIRST AID - Members \$40, Program Members \$45, Non-Members \$50

Learn how to recognize and respond to an emergency. Learn how to deal with cuts, bruises, bone and muscle injuries, shock, bleeding and other sudden illness emergencies. This class is four hours in length. Certification is valid for 3 years.

PET FIRST AID - Members \$40, Program Members \$45, Non-Members \$50

Learn how to triage, bandage and perform CPR for your pet. A must for loving pet owners. Do NOT bring your pet to class - manikins provided for practice. This class is four hours in length.

BABYSITTING - Members \$50, Program Members \$55, Non-Members \$60

A great opportunity for youth 11-14 to learn the skills necessary for professional babysitting. Also included are techniques used for first aid, choking, and rescue breathing emergencies. No expiration.

REVIEW CLASSES - Members \$35, Program Members \$40, Non-Members \$45

A refresher course, for those that have taken these courses many times and need only to be reminded of the material. This is quick review of video, book, and demonstration followed by a practical and written test. A current certification is required to register. This class is two hours in length. Certification is valid for 1 year.

RECERTIFICATION CHALLENGE - Fee for challenge is \$20.00.

This is an opportunity to renew CPR or First Aid certification without any class instruction. Participant's confidence in knowledge and skills required. Schedule individual testing time with instructor to demonstrate all required skills without assistance and take written test. There is no prerequisite or certification required for this session. Time for session averages 30min. Certification is valid for 1 year. Contact Health and Fitness Director, 545-9622, x3122

CLASS TIMES -

All four hour classes that are held Monday - Friday are: 5:30PM - 9:30PM

All four hour classes that are held on Saturdays are: 9AM - 1PM

The Review Courses (2 hours in length) are: 5:30 - 7:30PM

Registration is required. Please attend class free of illness and in comfortable clothing. Text books are provided. If you have attended classes previously please bring your text as only one text per registration is given. Minimum age for certification course is 11 years old. Any questions contact YMCA Health and Fitness Director at 545-9622, ext. 3122 or YMCA Group Exercise Coordinator at 545-9622, ext. 3128