

Course #	Course Name	Day(s)	Date(s)	Time(s)	Total Fee	Fee to Town	Fee To Red Cross
2062-9	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT)	Tu	1/20 – 4/7; no class 2/17	6:30 – 10 pm	\$140.90	\$80	\$60.90
2071-9	Lifeguard Training Instructor	Th	1/22 – 4/2; no class 2/19	6:30 – 10 pm	\$120	\$87	\$32.95
2003-9	CPR-P/AED/O2 (Full)	Mo, We	2/4, 2/6	6 - 10 pm	\$80	\$41.06	\$38.94
2063-9	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT)	Mo – Fr	2/16 – 2/20	9 am – 4:30 pm	\$140.90	\$80	\$60.90
2016-9	CPR-P/AED/O2 (Review)	Th	2/19	6 - 10 pm	\$59	\$35	\$24
2064-9	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT)	Su	3/1 – 4/5	12 – 6:30 pm	\$140.90	\$80	\$60.90
2017-9	CPR-P/AED/O2 (Review)	Mo	3/9	6 – 10 pm	\$59	\$35	\$24
2018-9	CPR-P/AED/O2 (Review)	We	4/8	6 - 10 pm	\$59	\$35	\$24
2066-9	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT)	Mo – Fr	4/13 – 4/17	9 am – 4:30 pm	\$140.90	\$80	\$60.90
2004-9	CPR-P/AED/O2 (Full)	Mo, We	4/20, 4/22	6 - 10 pm	\$80	\$41.06	\$38.94
2043-9	First Aid	Sa	4/25	12 noon – 4 pm	\$49	\$35.65	\$13.35
2031-9	CPR-P/AED/O2 (Challenge)	Tu	5/12	6 - 9 pm	\$59	\$35	\$24
2053-9	Lifeguarding (Chal.) (Inc. CPR/AED/O2)	Tu, Th	5/19, 5/21	6 – 9 pm	\$59	\$47	\$12
2019-9	CPR-P/AED/O2 (Review)	We	5/20	6 - 10 pm	\$59	\$35	\$24
2005-9	CPR-P/AED/O2 (Full)	Sa	5/30	9 – 5 pm	\$80	\$41.06	\$38.94
2020-9	CPR-P/AED/O2 (Review)	Su	6/7	9 am – 1 pm	\$59	\$35	\$24
2044-9	First Aid	Su	6/7	1 - 5 pm	\$49	\$35.65	\$13.35
2021-9	CPR-P/AED/O2 (Review)	Mo	6/8	9 am - 1 pm	\$59	\$35	\$24
2022-9	CPR-P/AED/O2 (Review)	Th	6/11	6 – 10 pm	\$59	\$35	\$24
2006-9	CPR-P/AED/O2 (Full)	Mo, We	6/15, 6/17	6 – 10 pm	\$80	\$41.06	\$38.94
2032-9	CPR-P/AED/O2 (Challenge)	Tu	6/16	6 – 9 pm	\$59	\$35	\$24
2055-9	Lifeguarding (Chal.) (Inc. CPR/AED/O2)	Su	6/21	11 – 5 pm	\$59	\$47	\$12
2023-9	CPR-P/AED/O2 (Review)	Tu	6/23	6 - 10 pm	\$59	\$35	\$24
2045-9	First Aid	We	6/24	6 – 10 pm	\$49	\$35.65	\$13.35
2065-9	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT)	Tu, Th	7/7 – 8/13	12 – 3:30 pm	\$140.90	\$80	\$60.90

***Please Note:***

1. **Fees to the American Red Cross must be paid by check and made payable to the “American Red Cross.**
2. Be sure to read the “Important Information” section of this brochure for additional information regarding the type of class for which you intend to register.
3. It is the responsibility of all students enrolled in a review or challenge course to provide their own textbooks and pocket masks.
4. Days, times, and fees are subject to change.
5. You must register for a class at least five days prior to the first day of class.
6. Classes may be cancelled due to insufficient interest.
7. Students enrolled in “Challenge” classes must be able to complete all skills and be prepared for a written test at the beginning of the class. There will not be time for review.
8. All courses will require successful demonstration of skills and scoring 80% on all written tests.
9. Please call us at 876-7424 with any additional questions you may have.
10. All classes that include CPR/AED will have Bloodborn Pathogens taught as part of the

## Important Information

You will notice that there are three columns of fees on the course lists. The first column is the cost of the course. The other two indicate how much and to whom the fees are to be paid.

The "Fee to Town" is the fee to be paid when registering at the front desk. If paying by check, it should be made out to the "Town of Tonawanda."

The "Fee to Red Cross" is the fee to be paid on the first day of the class. **This payment can only be made by check and should be made out to the "American Red Cross."**

Regarding the types of courses, there are "Full," "Review," and "Challenge" courses.

⇒ "Full" courses are for people who need certification the first time or who have allowed a previous certification to lapse.

⇒ "Review" courses will review the course material using videos, textbooks, and question and answer sessions. Current certification is required or the "Full" course must be taken. Mastery of the course material is the responsibility of both the students and the instructor.

⇒ "Challenge" courses will not review the course materials. Students must have mastery of all material and be able to perform all skills prior to the beginning of the course. Students will only have one opportunity to pass the written test. Mastery of the course material is the responsibility of the student only, as there will be no review of material or

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## Town of Tonawanda Aquatic & Fitness Center

January 2009

through August 2009

Lifeguard Training and Instructor,

Water Safety Instructor,

CPR, & First Aid Courses

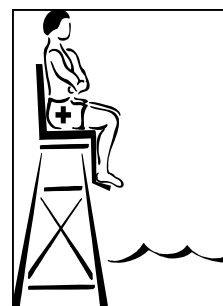


Town of Tonawanda Aquatic & Fitness Center  
One Pool Plaza ~ Buffalo, NY 14223  
Phone: 716.876.7424 ~ Fax: 716.876.3943

Anthony F. Caruana, Supervisor, Town of Tonawanda  
Dan Crangle, Councilman, Chairman  
Youth, Parks & Recreation Committee  
Daniel J. Wiles, Director  
Youth, Parks & Recreation Department

## Introduction and Course Overviews

The Town of Tonawanda Aquatic & Fitness Center is proud to present to you a variety of "safety" related courses that are of interest to people of all ages including Lifeguard Training, Lifeguard Training Instructor, Water Safety Instructor, CPR and First Aid.



All courses follow American Red Cross guidelines and are taught by our own staff certified in the course you wish to take. Our instructors provide you with unparalleled, real world experiences to back up their teaching.

### Lifeguard Training

Our course is perhaps the most comprehensive course of it's kind in Western New York. Each course we offer includes First Aid, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration, and Blood Born Pathogens Training: Preventing Disease Transmission.

Taught by a combination of staff including our Aquatics Director, Aquatics Coordinator, Pool Supervisors, and/or lifeguards, you can be certain to receive not only the "technical information" but also the wisdom from decades of experience in aquatics. **Prerequisites:** 15 years old by the last day of class; swim 300 yards using front crawl and breaststroke; swim one length, retrieve a 10 pound brick in deep water and carry it back to starting point using only your legs, and exit the pool. **Course Length:** 42 hours.

### Lifeguard Training Instructor

The Lifeguard Training Instructor course teaches one to plan and teach Lifeguard Training, including AED and Oxygen Administration. **Prerequisites:** 17 years of age and current lifeguard training certification. **Course Length:** 27 hours.

### Water Safety Instructor

The Water Safety Instructor course teaches one to plan and teach swimming and aquatic safety courses. **Prerequisites:** 16 years of age by the last day of the class; swim 25 yards each of front and back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards of butterfly; float/scull on back for one minute in deep water; tread water for one minute. **Course Length:** 33 hours.

### CPR/AED—Professional Rescuer

This course teaches one- and two-rescuer CPR, use of an AED, use of resuscitation masks and bag-valve masks for ventilating victims, and how to respond in special rescue situations. **Prerequisites:** None. **Course Length:** 8 hours (Full course); 4 hours (Review course)



### First Aid Basics

This course will prepare you to respond to emergencies, and recognize and care for injuries while using the EMS system. **Prerequisites:** None. **Course Length:** 3.5 hours.