

ARC Lifeguard Training

Pre-Requisite: Must be 15 years old before the last class. Be prepared to swim 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl or Breaststroke on Dec 21. Learn the basics of lifeguard skills and practices. First Aid and CPR/ AED for the Professional rescuer are included. Register at least 1 week before the first class date to ensure books.

15 to Adult: \$160 resident/ \$200 non-resident
 Dec 21, Wed, 5-6pm (be prepared to swim)
 & Dec 27-30, Tues-Fri, 9am-6pm Code: 6301.101
 Location: Centennial Pool, 1201 Alpine St

Swim Instructor Aide

Prerequisite: 11 years old, Level 4 swimming ability. Enjoy swimming and like children? Want to be a Water Safety Instructor, but not 16 yet? Learn how to assist instructors with swim lessons. Year round volunteer opportunities with City of Longmont swimming lessons!

11 to 15 years: \$20 resident/ \$25 non-resident
 Sept 26 & 28, Mon & Wed, 3:30-6:30pm Code: 6322.401
 Oct 16 & 23, Sun, 2:30-5:30pm Code: 6322.402
 Nov 12 & 19, Sat, 8:30-11:30am Code: 6322.403
 Location: Centennial Pool, 1201 Alpine St
 Nov 3 & 10, Thur, 4-6:30pm Code: 6322.461
 Location: Longmont Recreation Center, 310 Quail Rd

Babysitter's Boot Camp

Three classes in one - American Red Cross Babysitter's Training, First Aid, and CPR for infants and children. Includes two text books for later reference. Great for both experienced and novice sitters. Please bring a sack lunch and snacks as needed.

12 to Adult: \$85 resident/ \$106.25 non-resident
 Nov 21-22, Mon & Tues, 9am-3pm Code: 6310.450
 Dec 19-20, Mon & Tues, 9am-3pm Code: 6310.150
 Location: Centennial Pool, 1201 Alpine St

Babysitter's Training

This course provides youth ages 11-16 with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism.



11 to 16 years: \$55 resident/ \$68.75 non-resident
 Sept 18, Sun, 9am-4:30pm Code: 6310.401
 Location: Longmont Recreation Center, 310 Quail Rd
 Oct 14, Fri, 9am-4:30pm Code: 6310.402
 Location: Centennial Pool, 1201 Alpine St

Babysitter's Practicum

Have you taken Babysitter's Training and want to put your skills to work in a supervised environment? Join us during Parents' Night Out to practice in a supportive setting. You will be contacted for a phone interview before the Practicum for selection and confirmation. This is a FREE volunteer opportunity.

11 to 19 years: FREE
 Nov 5, Sat, 3:45-9:15pm Code: 6310.440
 Location: Centennial Pool, 1201 Alpine St

Instructor Training for Babysitter's Class

Become an American Red Cross Babysitter's Training Instructor. Pre-requisite: 16 years of age, knowledge of child care skills, and FIT certification. For more information, call 303-774-4827. Paid positions available with City.

16 to Adult: \$90 resident/ \$112.50 non-resident
 Sept 12 & 19, Mon, 5:30-10pm Code: 6310.481
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

CPR with AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 to Adult: \$65 resident/ \$81.25 non-resident
 Oct 9, Sun 11:30-5:30pm Code: 6332.450
 Nov 21 & 23, Mon & Wed 5-8pm Code: 6332.451
 Location: Longmont Recreation Center, 310 Quail Rd

CPR & First Aid

This American Red Cross course not only covers CPR for adults, children and infants and includes First Aid.

12 to Adult: \$85 resident/ \$106.25 non-resident
 Sept 12-26, Mon, 5-8pm Code: 6330.400
 Location: Centennial Pool, 1201 Alpine St
 Dec 20 & 22, Tues & Thurs, 4-8pm Code: 6330.401
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

First Aid

This American Red Cross course covers First Aid Basics.

12 to Adult: \$50 resident/ \$62.50 non-resident
 Oct 21, Fri 5-8pm Code: 6333.400
 Location: Centennial Pool, 1201 Alpine St
 Nov 26, Sat 9-12pm Code: 6333.402
 Location: Longmont Recreation Center, 310 Quail Rd

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. Must have current Adult CPR certification. This includes wilderness and remote environments as well as urban disasters.

14 to Adult: \$75 resident/ \$93.75 non-resident
 Nov 12 & 19, Sat, 9-5pm Code: 6203.480
 Location: Longmont Recreation Center, 310 Quail Rd

NEW - we will bring CPR and or First Aid Classes to your group of 6 or more! Please contact Heather at heather.deal@ci.longmont.co.us to set up a date(s).