



**American
Red Cross**

Mid-Dakota Chapter of the
American Red Cross
P.O. Box 456
Minot, ND 58702-0456

Together, we can save a life



**American
Red Cross**

Mid-Dakota Chapter



*Class Schedule
Spring/Summer 2010*

Promoting Health & Safety Since 1881

Adult CPR/AED Training

Provides the necessary knowledge and skills training for a person to give aid to an adult who is choking (conscious and unconscious) and how to give CPR and use an AED on a victim who has no detectable pulse. *Length of authorization is 1 year.*



Infant & Child CPR

Trains participants to recognize emergencies and care for an infant or child who stops breathing, give aid to an infant or child who is choking, and learn to give CPR to an infant or child who has no detectable pulse. *Length of authorization is 1 year.*

First Aid Training

Trains individuals to overcome any reluctance to act in emergency situations and to recognize and care for sudden illness and injuries. *Length of authorization is 3 years.*

CPR Re-Certifications

Reauthorizes participants in adult and or infant and child CPR. Participants must have taken a CPR class within one year to be eligible for this class. *Length of authorization is 1 year.*

CPR First Aid Instructor

The American Red Cross First Aid and CPR Instructor course provides participants with the training necessary to teach First Aid, Adult, Child and Infant CPR. Participants who complete the course will be authorized to administer these programs in the public, corporate and health care setting. *Length of authorization is 2 years*

**A perfect Gift
For you, For Family, For Loved Ones.
For Safety...**



This Handy grab & go Personnel Emergency backpack which also has winter items is loaded with personal comfort and emergency products and includes over "67" items with plenty of room to add more.

**Personal Survival Kit
\$49.99**

**For More information call the Mid-Dakota Chapter at
701 852-2828 or 800 323-3179
www.minotredcross.org**

American Red Cross Disaster Services Courses

The following courses are designed to give participants the knowledge and skills necessary to become familiar with American Red Cross disaster services. Successful candidates will have the option become part of our Disaster Action Team, which responds to local and national emergencies.

Intro to Disaster - Gives participants the tools to assist in a disaster in their community

Disaster Services - Training to assist in Shelter Operations, Mass Care, and the Emergency Response Vehicle (ERV)

Review for DAT Team - A refresher to keep current DAT Team members up to date



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Babysitter's Course

Designed to teach candidates the skills associated with being a safe, responsible and successful babysitter. Participants also receive instruction in infant/child CPR and basic aid training.

Length of authorization is 1 year for CPR, with no expiration for Babysitting.



Volunteer Corner



We depend on volunteers of all ages and backgrounds to carry on our work. Volunteers constitute over 90 percent of our total workforce, serving in various capacities. Our featured volunteer opportunity is:

Disaster call center – This volunteer opportunity allows participants to help disaster victims around the US, by providing telephone support from the Red Cross call center in Minot.

To become a Red Cross volunteer or for more information, contact the Mid-Dakota Chapter at 701 852-2828 or visit our website at www.minotredcross.org

AT JIM HILL MIDDLE SCHOOL SWIMMING POOL AQUATIC COURSES

Summer Child Swimming Lessons

Depending on ability and skill level, students in these classes are instructed the six levels of the Learn-to-Swim program. For swimming classes children must be 6 years of age or older.

1. **Level 1 – Introduction to water Skills**
 - Helps students feel comfortable in the water
2. **Level 2 – Fundamental Aquatic Skills**
 - Gives students success with fundamental skills
3. **Level 3 – Stroke Development**
 - Builds on the skills in Level 2 through additional guided practice
4. **Level 4 – Stroke Improvement**
 - Develops confidence in the skills learned and improves other aquatic skills
5. **Level 5 – Stroke Refinement**
 - Provides further coordination and refinement of strokes
6. **Level 6 – Swimming and Skill Proficiency**
 - Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances

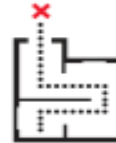
Lifeguard Classes

Provided at our 27th annual Aquatics Training Institute May 29th to June 4th 2010

Be Red Cross Ready



1. **Get a Kit** Everyone should purchase or make an emergency preparedness kit with at least three days worth of essential items needed by each household member.



2. **Make a Plan** Create and practice an evacuation and communications plan for your household.



3. **Be Informed** Find out what types of disasters are likely to occur where you live, work and play, and how you would receive information from local officials in the event of a disaster.

For more information contact us in Minot at 852-2828 or on line at www.minotredcross.org



On Line CPR and First Aid Training Now Available at;

<http://www.redcrossonlinetraining.org/Distance/PartnerCourses.aspx>

For more information call the Mid-Dakota Chapter at 852-2828 or 1- 800 323-3179 www.minotredcross.org

Please indicate which course(s) you will be attending:

First Aid & CPR Courses

Adult CPR (includes AED training)

Monday May 10, 6pm to 9:30pm _____
Monday June 14, 6pm to 9:30pm _____
Monday July 12, 6pm to 9:30pm _____
Monday August 9, 6pm to 9:30pm _____

Infant & Child CPR

Tuesday May 11, 6pm to 9:30pm _____
Tuesday June 15, 6pm to 9:30pm _____
Tuesday July 13, 6pm to 9:30pm _____
Tuesday August 10, 6pm to 9:30pm _____

First Aid

Thursday May 13, 6pm to 9:30pm _____
Thursday June 17, 6pm to 9:30pm _____
Thursday July 15, 6pm to 9:30pm _____
Thursday August 12, 6pm to 9:30pm _____

Course Costs: \$25.00 per person for the first class, then add \$15.00 for each additional course. For example, if you took *adult CPR, Infant & Child CPR and First Aid*, your cost would be: \$25 + \$15 + \$15 = \$55.00

Full Day CPR and First Aid Classes

Full day classes run from 9:00am – 5:00pm

Wednesday May 19 _____ Cost \$55.00
Wednesday June 23 _____ Cost \$55.00
Wednesday July 21 _____ Cost \$55.00
Wednesday August 18 _____ Cost \$55.00

CPR Recertification's

Infant and Child CPR starts 6:00pm Adult CPR at 7:30pm

Thurs. May 6 _____ \$15.00 (1 class) _____ \$25.00 (both classes)
Thurs. June 10 _____ \$15.00 (1 class) _____ \$25.00 (both classes)
Thurs. July 8 _____ \$15.00 (1 class) _____ \$25.00 (both classes)
Thurs. Aug. 5 _____ \$15.00 (1 class) _____ \$25.00 (both classes)

If taking 1 class please check the class you will be taking

Infant & Child CPR _____ Adult CPR _____

Babysitter's Training Courses

June 4-5 _____ Cost \$40.00
July 8-9 _____ Cost \$40.00

First Aid & CPR Instructor Course

July 9-10 _____ Cost \$175.00

For more information on this class see page 1 of this brochure.

Summer Swimming Schedule

Youth – 6 Years & Older - Swimming Levels 1 through 6

June 21 to July 2, 2010

Swimmers 10:00am to 11:00am _____ Cost \$30.00

Beginners 11:00am to 12:00 noon _____ Cost \$30.00

July 12 to July 23, 2010

Swimmers 10:00am to 11:00am _____ Cost \$30.00

Beginners 11:00am to 12:00 noon _____ Cost \$30.00

Course Registration

Please remove this full page & include with payment

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Day Phone: _____ Evening: _____

CPR registrants: Please dress casually for class, you will be expected to perform CPR from a kneeling position.

HEALTH STATEMENT

I understand that practice sessions in class involve strenuous physical activity. Participants that have any medical conditions or disability are asked to discuss it with our director of Health and Safety at 701 852-2828.

Please call us if you change or cancel your enrollment. For cancellations 24 hours prior to class, a \$5.00 processing fee will be assessed. Cancellations less than 24 hours prior to the class will result in forfeiture of the course fee.

27th Annual Aquatic Training Institute

The Mid-Dakota Chapter of the American Red Cross is once again proud to offer its annual *Instructor Training Institute*, May 29 through June 4, 2010. Participants from North Dakota and Montana will converge on the city of Minot to take part in various aquatic training programs taught by American Red Cross trained instructors. Courses offered at this year's institute include:

**Lifeguard training
CPR for the professional rescuer
Water safety instructor (WSI)**

**Lifeguard Re-Certification
Lifeguard management**

To receive a brochure on the institute or for more information, please visit our web site at www.minotredcross.org or call the Mid-Dakota Chapter in Minot at 701 852-2828

Signature _____
Date

Parental/legal guardian signature is required if participant is under 18 years of age.

Checks can be made out to:

American Red Cross

for office use only

Registrations can be mailed to:

American Red Cross

P.O. Box 456

Minot, ND 58702-0456

rcpt# _____

ck# _____

All Health & Safety courses (CPR & First Aid) will be held at the Minot Red Cross Service Center located at 2021 4th Ave NW. Swimming classes will be held at Roosevelt Swimming Pool.