

## **Registration**

Please visit the Membership Services Counter Located at the ISU Student Recreation Center to Register for Group and/or Private Lessons  
*You must register prior to the first day of class.*

*The minimum enrollment for each course is 3, and maximum enrollment for each course is 15 individuals. We reserve the right to cancel any class that does not meet the minimum enrollment requirement.*

### **Questions:**

Please contact Jake Eubank,  
Assistant Director/Aquatics at  
812-237-8974 or email at  
jacob.eubank@indstate.edu



Indiana State University  
Student Recreation Center

Department of Recreational Sports

601 N. 6th Street

Terre Haute, IN 47809

Phone: 812-237-4097

Indiana State University  
HHS Building (Arena)

Department of Recreational Sports

380 N. 5th Street

Terre Haute, IN 47809

Phone: 812-237-4633



**Indiana State  
University**

*More. From day one.*

**Recreational Sports**

# *Fall 2009*



# *American Red Cross Certification Program*

## American Red Cross Cert. Classes Fall 2009

Department of Recreational Sports offers a number of American Red Cross Certification Courses such as Lifeguard Training, CPR/AED for the Professional Rescuer, Standard First Aid, and Water Safety Instructor. All participants must be at least 16 years of age on the date the training course is held. We reserve the right to cancel any class that does not meet the minimum enrollment requirement of at least 3 participants the day before the class begins. CPR/AED and Sports Safety Training courses will be held in the Wet Classroom located in the SRC. Lifeguard Training and Water Safety Instructor courses will be held in the HHP Building (Arena)

### **CPR/AED for the Professional Rescuer Full Course with Blood Borne Pathogens Training: 8 Hours**

Price: \$60.00 (Training Manual and Pocket Mask Included)

*Course Description:* Teaches students to respond to breathing and cardiac emergencies in adults, children, and infants, use an AED on an adult or child in cardiac arrest, and use personal protective equipment to stop bloodborne pathogens and other diseases from spreading.

*Two-year CPR/AED for the Professional Rescuer Certification and One-year Blood Borne Pathogens Certification*

<b>Dates and Times:</b>	<b>Saturday, Sept. 19</b>	<b>12pm - 8pm</b>
	<b>Sunday, Oct. 18</b>	<b>12pm - 8pm</b>
	<b>Tues, Nov. 17 &amp; Nov. 24</b>	<b>5pm - 9pm</b>

Room: Wet Classroom (SRC Building)

### **CPR/AED for the Professional Rescuer Re-certification Course with Blood Borne Pathogens Training: 4 Hours**

Price: \$40.00 (Training Manual and Pocket Mask Not Included)

Replacement Pocket Mask: \$15.00 Replacement Training Manual: \$15.00

*Course Description:* Reinforces students' knowledge and skills learned in the CPR/AED for the Professional Rescuer Full Course. Students are required to bring their training manual and pocket mask.

*Two-year CPR/AED for the Professional Rescuer Certification or One-year CPR/AED for Lifeguards and One-year Blood Borne Pathogens Certification*

<b>Dates and Times:</b>	<b>Thursday, Aug. 27</b>	<b>5pm - 9pm</b>
	<b>Saturday, Oct. 17</b>	<b>12pm - 4pm</b>
	<b>Sunday, Nov. 22</b>	<b>12pm - 4pm</b>

Room: Wet Classroom (SRC Building)

### **Sports Safety Training (Standard First Aid) with Blood Borne Pathogens Training: 4 Hours**

Price: \$40.00 (Training Manuals Included)

*Course Description:* Prepares students with the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illness until advanced medical personnel arrives to take over.

*Three-year Standard First Aid Certification and One-year Blood Borne Pathogens Certification.*

<b>Dates and Times:</b>	<b>Saturday, Oct. 3</b>	<b>12pm - 4pm</b>
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Room: Wet Classroom (SRC Building)

## **Lifeguard Training Full Course with Blood Borne Pathogens**

### **Training: 32 Hours**

Price: \$160.00 (Training Manual and Pocket Mask Included)

*Course Description:* Students will learn surveillance skills to help recognize and prevent injuries, rescue skills in and out of the water, first aid and CPR/AED for the Professional Rescuer Training, and professional lifeguard responsibilities.

*Three-year Lifeguard Training and Standard First Aid Certification; One-year CPR/AED for Lifeguards Certification; and One-year Blood Borne Pathogens Certification*

<b>Dates and Times:</b>	<b>Saturdays, Oct. 31 - Dec. 5</b>	<b>12pm - 6pm</b>
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Room: B95 (HHP Building)

### **Lifeguard Training Re-certification Course with Blood Borne Pathogens Training: 8 Hours**

Price: \$80.00 (Training Manual and Pocket Mask Not Included)

Replacement Pocket Mask: \$15.00 Replacement Training Manual: \$35.00

*Course Description:* Reinforces students' knowledge and skills in Lifeguard Training, CPR/AED for the Professional Rescuer, and Standard First Aid. Students are required to bring their training manuals and pocket masks. Participants must pass skills and exam with no review. *Renews the Three-year Lifeguard Training and Standard First Aid Certification; One-year CPR/AED for Lifeguards Certification; and One-year Blood Borne Pathogens Certification*

<b>Dates and Times:</b>	<b>Sunday, December 6</b>	<b>12pm - 8pm</b>
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Room: B95 (HHP Building)

## **Water Safety Instructor Course: 30 Hours**

Price: \$200.00 (Training Manual Included)

*Course Description:* Trains instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participants' progress. Participants must be at least 16 years of age to complete this course. *Two-year Water Safety Instructor Certification.*

<b>Dates and Times:</b>	<b>Thursdays, Sept. 24 - Nov. 5</b>	<b>6pm - 9pm</b>
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Room: B95 (HHP Building)

