

CPR AND FIRST AID TRAINING
Santa Rosa City Schools
Aug 2010-June 2011

Instructor: Maxine Freitas 707-953-6223 email: equiedinc@aol.com (best way to communicate with me)

Location: Room 8 Nueva Vista High School on the Lewis Campus 2232 Lomitas Ave

All classes are held on Tuesdays, with the exception of Aug. 4 and 11. All begin at 4:00 pm

CPR Renewal classes last approx 3 hours and include AED training (automated external defibrillator)

You must be physically able to get down on your knees and demonstrate proficient execution of the skills required for CPR and Unconscious choking to be able to pass this course.

*It is recommended that if you have never taken a CPR class before, or it has been longer than 3 years, that you take the class through the Red Cross or Health Source at Kidsake.
 Proof of last certification required if new to SRCS.

Please email/call to register or for more information at least 48 hours in advance.

RED CROSS CPR RENEWAL VALID FOR ONE YEAR **classes with less than 3 students will be cancelled

CPR - Class size limited to a maximum of 10 students

August	3 “Challenge”
(Wed)	4
	10
	17
September	7
October	5
	26 “Challenge”
November	2
	9
December	7
January	4
	25 “Challenge”
February	1
	8
March	8
April	12
May	10 “Challenge”
	31

******CHALLENGE CPR/AED:** The Challenge class is reserved for coaches that were certified in 2009-2010 with Maxine, and who feel they are capable of passing the written and skills tests **WITHOUT ANY IN-CLASS REVIEW**. Class will start with the written test, those who pass, will move on to the skills test portion.

RED CROSS FIRST AID VALID FOR THREE YEARS. **classes with less than 3 students will be cancelled

FIRST AID- Class size limited to a maximum of 14 students, class length is approximately 3.5 hours

August (Wed)	11	January	11
September	28	February	22
October	19	March	22
November	30	April	26
December	14	May	17

In the event the instructor is ill or other unforeseen circumstance occurs, attempt will be made to reach enrollees, and a note will be posted on the window to Rm 8.

Occasions do occur when a class(es) need to be rescheduled, early registration is therefore highly recommended to allow adequate time for notification and to make other arrangements.