

164020-02	CPR-PAED/O2/ First Aid (Full)	Sa	1/12	8:00am—5:00pm	\$ 95
164022-02	CPR-P/AED/O2/ First Aid (Challenge)	Tu	1/15	5:30pm – 9:30pm	\$ 50
164020-03	CPR-P/AED/O2/ First Aid (Full)	Mo, We	2/11, 2/13	4:30pm – 9:30pm	\$ 95
164042-03	Lifeguarding (Rev.) (Inc. CPR/AED/O2/FA)	Sa, Su	2/16, 2/17	10:30am—5:30pm	\$ 105
164040-01	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT/FA)	Mo—Fr	2/18 - 2/22	9:30am – 5:30pm (2/23 8:30am - 3:30pm)	\$ 180
164021-03	CPR-P/AED/O2/ First Aid (Review)	We	2/20	4:30pm – 9:30pm	\$ 65
264040-01	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT/FA)	Su	3/1—3/31	10:30am – 5:30pm	\$ 180
264021-01	CPR-P/AED/O2/ First Aid (Review)	Th	3/14	4:30pm – 9:30pm	\$ 65
264042-01	Lifeguarding (Rev.) (Inc. CPR/AED/O2/FA)	Sa, Su	4/13, 4/14	10:30am—5:30pm	\$ 105
264020-01	CPR-P/AED/O2/ First Aid (Full)	Sa	4/20	8:00am—5:00pm	\$ 95
264040-02	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT/FA)	Mo - Fr	4/22—4/26	9:30am – 4:30pm	\$ 180
264021-02	CPR-P/AED/O2/ First Aid (Review)	We	4/24	4:30pm – 9:30pm	\$ 65
264021-03	CPR-P/AED/FAO2 (Review)	Tu	5/7	4:30pm – 9:30pm	\$ 65
264020-02	CPR-P/AED/FAO2 (Full)	Mo, We	5/20, 5/22	4:30pm – 9:30pm	\$ 95
264021-04	CPR-P/AED/FAO2 (Review)	Su	5/19	9:00am—2:00pm	\$ 65
364020-01	CPR-P/AED/FAO2 (Full)	Sa	6/1	8:00am—5:00pm	\$ 95
364022-01	CPR-P/AED/FAO2 (Challenge)	Tu	6/4	5:30pm – 9:30pm	\$ 50
364021-01	CPR-P/AED/FAO2 (Review)	Th	6/6	4:30pm – 9:30pm	\$ 65
364020-02	CPR-P/AED/FAO2 (Full)	Su	6/9	9:00am—6:00pm	\$ 95
364022-02	CPR-P/AED/FAO2 (Challenge)	We	6/12	5:30pm – 9:30pm	\$ 50
364042-01	Lifeguarding (Rev.) (Inc. CPR/AED/O2/FA)	Sa, Su	6/15, 6/16	10:30am—5:30pm	\$ 105
364021-02	CPR-P/AED/FAO2 (Review)	We	6/19	4:30pm – 9:30pm	\$ 65
364040-02	Lifeguarding (Full) (Inc. CPR/AED/O2/BPT/FA)	Mo - Fr	7/15—7/19	9:30am – 4:30pm	\$ 180
364021-03	CPR-P/AED/FAO2 (Review)	Tu	7/23	4:30pm – 9:30pm	\$ 65
364042-02	Lifeguarding (Rev.) (Inc. CPR/AED/O2/FA)	Sa, Su	8/3, 8/4	10:30am—5:30pm	\$ 105
364020-03	CPR-P/AED/FAO2 (Full)	Mo, We	8/19, 8/21	4:30pm—9:30pm	\$ 95
364021-04	CPR-P/AED/FAO2 (Review)	Tu	8/20	4:30pm – 9:30pm	\$ 65

Please Note:

1. Register early. Do not delay in registering as doing so may result in that class being full.
2. All class fees are due at registration.
3. Please plan on attending all classes as scheduled. If you have or foresee a conflict, register for another class.
4. 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.
5. Please call us at 876-7424 with any additional questions you may have.

Important Information

1. It is the responsibility of students enrolled in a review or challenge course to provide their own textbooks and pocket masks.
2. Textbooks may be actual books or digital copies available from www.redcross.org and downloaded onto laptops, tablets or phones and must be used by students during the class.
3. Days, times, and fees are subject to change.
4. You must register at least one week prior to the first day of class.
5. Classes may be cancelled due to insufficient interest.
6. There are three types of courses:

~"Full" courses are for people who need certification the first time or who have allowed a previous certification to lapse more than one month.

~"Review" courses will review the course material using videos, textbooks, and question and answer sessions. Mastery of the course material is the responsibility of both the students and the instructor.

~"Challenge" courses do **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 have one opportunity to pass the written test. Mastery of all material is the responsibility of the student only, as there will be no review of material or question and answer session prior to the course beginning.

All courses will require successful demonstration of skills and scoring 80% on all written tests.

Town of Tonawanda Aquatic & Fitness Center

January 2019 through
August 2019 Classes

Including: Lifeguard Training ,
Lifeguard Instructor, Water Safety
Instructor, CPR/AED, First Aid, and
Waterfront Lifeguarding



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

Joseph H. Emminger, Supervisor, Town of Tonawanda
Dan Crangle, Councilman, Chairman
Youth, Parks & Recreation Committee
Mark D. Campanella Sr., Superintendent
Parks & Recreation Department

Introduction and Course Overviews



All courses follow American Red Cross guidelines and are taught by our own staff certified in the course you wish to take.

Taught by staff that works in the field year-round, you can be certain to receive not only the "technical information" but also the wisdom from decades of experience in aquatics providing you with, real world and personal experiences to back up their teaching.

Lifeguard Training

Perhaps the most comprehensive course of its kind in Western New York, our course is taught by staff that works in the field year round. Each course we offer includes First Aid, CPR/AED for the Professional Rescuer and Health Care Provider, Administering Emergency Oxygen. **(Only Full and Review courses are available, Challenge courses have been discontinued by the American Red Cross.)**

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 7 to 10 feet of water and carry it back to starting point using only your legs, and exit the pool in one minute, forty seconds, and tread water without hands for two minutes.
Course Length: 30 hours.

Lifeguard Training Instructor

The Lifeguard Training Instructor course teaches one to plan and teach the Lifeguard Training and other associated courses.

Prerequisites: 17 years of age and current lifeguard training certification.

Course Length: 20 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.

Prerequisites: Learn to Swim Level 4 ability

Course Length: 33 hours.

CPR/AED/First Aid—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. Also, prepare you to respond to basic emergencies, and recognize and care for injuries while using the EMS system.

Prerequisites: None.

Course Length: Full Course: 10 hours
Review Course: 4 hours
Challenge Course: 3 hours