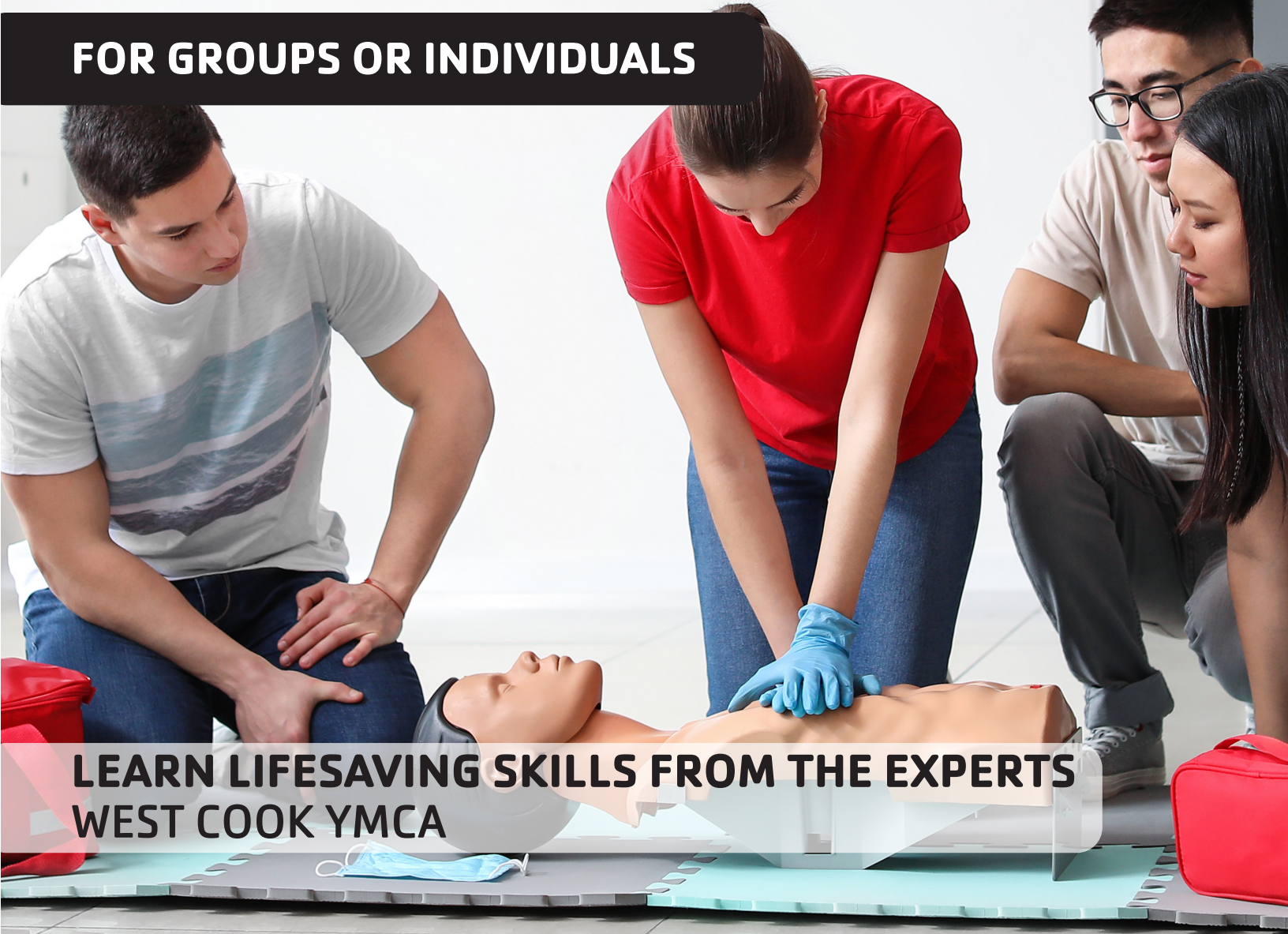




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CPR/AED/FIRST AID & LIFEGUARD TRAINING

FOR GROUPS OR INDIVIDUALS



LEARN LIFESAVING SKILLS FROM THE EXPERTS  
WEST COOK YMCA





# EXPERIENCE HANDS ON LEARNING

At the Y, we strive to create a welcoming and inclusive culture in which our four core values — responsibility, honesty, caring and respect — are integral to everyday operations. Our Y empowers our members, staff, and neighbors to make a direct impact in our community and to achieve their professional goals by directly supporting physical, emotional, and social connections that all people need for a healthy, well-balanced lifestyle.

The West Cook YMCA has partnered with Dominican University to provide American Red Cross training for Adult and Pediatric First Aid, CPR, and AED and/or Lifeguarding certifications through an experiential hands on learning in their Simulation Education Center (SEC). The SEC combined with the Y's indoor 4-lane 25 yard pool ensures each participant can experience real-life simulations to enhance their training.

It is not just healthcare workers and first responders who need training. There are many other positions — whether they are volunteer or full/part-time jobs — that may require certification including:

Animal Control Officers  
Childcare Providers  
Coaches  
Construction Workers  
Correction Officers and Staff  
Educators  
Electricians  
Flight Attendants

Lifeguards  
Medical Office Personnel  
Park Rangers  
Personal Trainers  
Pharmacists  
Physical Therapists  
Referees  
Residence Assistants and Staff

Special Needs/Elderly/Companion  
Care Providers  
Swim Instructors  
Tour/Adventure/Outdoor Guides  
Social Workers  
Security Personnel  
Veterinarian Technicians

## ABOUT THE DOMINICAN UNIVERSITY SIMULATION EDUCATION CENTER

The lower level of Parmer Hall is home to the Borra College of Health Sciences and the Simulation Education Center (SEC); providing access to simulation facilities and the instrumentation associated with it, including simulation manikins. It includes patient rooms, doctor's office suite, pediatric patient room with crib, and a community health room. There is also a control room, debriefing area, and a large room for skills and lab practice, and a audio/visual system to record simulations used for out-of-lab learning activities.

### 30% DISCOUNT

For private trainings for businesses, community organizations, schools, and workplaces with 5 or more participants.



### QUESTIONS?

[aquatics@westcookymca.org](mailto:aquatics@westcookymca.org)

# LEARN LIFESAVING SKILLS FROM THE EXPERTS



## ADULT AND PEDIATRIC FIRST AID/CPR/AED

The purpose of the adult and pediatric First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The course in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed.

### Course Content

- First aid basics
- Medical and injury emergencies
- Preventing illness and injury
- Infant, Child, and Adult CPR and AED

### Program Fee

Y Member: \$70 | Non-Member: \$95

### Class Information

#### Location

Dominican University Simulation Education Center (DU)  
Parmer 016/SEC, River Forest

#### Day and Times:

Saturday: 8:00a-4:00p

### Session Dates

- May 11
- June 1
- August 17
- September 21

### REGISTER TODAY:

[westcookymca.org/cpr](http://westcookymca.org/cpr)



## LIFEGUARDING

This three-day hybrid course offers an online learning and hands-on classroom experience. It is designed to give participants the basic skills and knowledge needed to be lifeguards in the pools and aquatic environments. Participants must pass a swim test on the first day of class in order to remain registered.

### Course Content

- How to guard
- Anticipate and prevent or respond to problems
- Perform water rescues
- First aid basics
- Medical emergencies
- Injury emergencies
- Preventing illness and injury
- Infant, Child, and Adult CPR and AED
- Emergency Oxygen

### Program Fee

Y Member: \$250 Non-Member: \$350

### Class Information

#### Location

West Cook YMCA (WCY)  
255 S. Marion St., Oak Park

Dominican University Simulation Education Center (DU)  
Parmer 016/SEC, River Forest

#### Day and Times:

Friday: 5:00p-8:00p at WCY  
Saturday: 8:00a-12:00p at WCY  
Saturday: 1:00p-6:00p at DU  
Sunday: 8:00a-2:00p at WCY

### Session Dates:

- March 22-24
- May 3-5
- May 17-19
- June 7-9
- August 2-4
- August 16-18
- September 6-8

### REGISTER TODAY:

[westcookymca.org/lifeguarding](http://westcookymca.org/lifeguarding)

**BECOME A LIFEGUARD  
FOR THE WEST COOK  
YMCA AND WE PAY FOR  
YOUR CERTIFICATION.**

# LEARN LIFESAVING SKILLS FROM THE EXPERTS



Recognition of  
Emergencies



Activation of  
Emergency Response  
System



Early High-Quality  
CPR by Certified  
Professional



Provide  
Early  
Defibrillation



Administer  
First Aid



Know when and how to  
perform water rescues



Control life-  
threatening bleeding  
with tourniquet



Respond to person  
choking



Hand off Emergency  
to Advanced Care  
Professional