Lifeguard Training ‡
February 3 – 5, March 3 – 5, March 31 – April 2,
April 21 – 23, April 28 – 30, May 19 – 21, or May 26 – 28
Friday: 4pm – 10pm, Saturday: 8am – 8pm,
Sunday: 8am – 6pm,
Pool & WRC 150
$185 – UNI Student
$195 – Non-UNI Student
The lifeguarding program provides participants with
knowledge and skills to prevent, recognize, and respond to
aquatic emergencies. It also includes training in First Aid and
CPR/AED for the Professional Rescuer. Must be at least 15
years of age before the end of the course.
‡ Students must attend all three days to receive certification.
Lifeguard Training – Review
January 29, February 26, May 7
8am – 8pm, Pool & WRC 150
$105 – UNI Student
$110 – Non-UNI Student
This course is a renewal for those who hold a current (within
30 days) lifeguarding/CPR/AED/First Aid certificate. Includes
CPR/AED and First Aid.
Junior Lifeguard Training
April 2, 8am – 8pm, Pools & WRC 155
$105 – UNI Student
$110 – Non-UNI Student
This course provides youth a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of the Red Cross Lifeguarding courses. Objectives that will be covered include prevention of accidents, fitness, rescue responses, leadership, and professionalism. Junior Lifeguarding is designed for youth ages 11 to 14 years. To participate in Junior Lifeguarding, a swim pretest is required. The pretest consists of a 25 yard front crawl swim with proper breathing, treading water for 1 minute, and swimming 10–foot underwater.
CPR/AED for the Professional Rescuer
April 16, 8pm – 8pm, WRC 150
$90 – UNI Student
$95 – Non-UNI Student
This course provides the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of automated external defibrillation to care for victims of cardiac arrest.
CPR/AED for the Professional Rescuer – Review
April 12, 5pm – 8pm, WRC 155
$65 – UNI Student
$70 – Non-UNI Student
This course is a renewal for those who hold a current (within
30 days) CPR/AED for the professional rescuer certificate (or equivalent).
Combo Class – Save $30!
CPR/AED for the Professional Rescuer, First Aid, and
Bloodborne Pathogens
February 19, 11am – 6pm, WRC 150
April 1, 8am – 3pm, WRC 155
$145 – UNI Student
$160 – Non-UNI Student
This course will combine CPR/AED for the Professional Rescuer, First Aid, and Bloodborne Pathogens Training: Preventing Disease Transmission. By taking this course you will receive three separate certifications.
Community CPR (Adult CPR/AED)
February 22, 5pm – 8pm, WRC 155
$65 – UNI Student
$65 – Non-UNI Student
Gain the skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until EMS arrives.
First Aid
February 27, 5pm – 8pm, WRC 150
$55 – UNI Student
$60 – Non-UNI Student
Provides knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until EMS arrives.
Babysitter and Childcare Training
March 26th, 9am – 4pm, WRC 150
$95 – UNI Student
$90 – Non-UNI Student
Jumpstart your teen’s first job. Youth will become great babysitters by learning practical skills and confidence through video presentations, hands-on activities, and classroom discussion. Topics include: responding to emergencies, good decision making, and communication with parents. Babysitter training is designed for youth ages 11 to 14 years.
Questions? Contact me!
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