

RED CROSS CERTIFICATIONS

SPRING 2024

to save lives! Gain skills and certification through private group classes, which are offered for most courses through Recreation Services. Classes can be held at the WRC or at your location on campus. To schedule a class, please call UNI Aquatics in the WRC office at (319) 273-7263.

Aquatics

Lifeguard Training ‡

March 1 – 3, April 5 – 7, April 19 – 21, May 17 – 19
Friday: 4pm – 10pm, Saturday: 8am – 8pm,
Sunday: 8am – 6pm,
Pool & WRC 150
\$195 – UNI Student
\$205 – 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 28, February 25, May 5
8am – 8pm, Pool (8am – 1pm) & WRC 150 (1pm – 8pm)
\$115 – UNI Student
\$125 – 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–feet underwater.

CPR

CPR/AED for the Professional Rescuer

April 14, 1pm – 7pm, WRC 150
\$95 – UNI Student
\$100 – 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.

Combo Class – Save \$30!

CPR/AED for the Professional Rescuer, First Aid, and Bloodborne Pathogens
February 18, 1pm – 8pm, WRC 150
\$150 – UNI Student
\$166 – 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.

Adult/Infant/Child CPR

March 25, 5pm – 9pm, WRC 150
\$85 – UNI Student
\$90 – Non-UNI Student

Gain the skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults, children, and infants until EMS arrives.

Babysitter and Childcare Training

April 7, 1pm – 8pm, WRC 150
\$90 – UNI Student
\$95 – 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.

Registration

To register or view registration policies, visit services.recreation.uni.edu.

Questions? Contact Us!
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Swim Lessons &
Certifications

Program Assistants

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