



**American
Red Cross**



Red Cross training saves lives.

SAFETY TRAINING FOR SWIM COACHES

Convenient Blended Learning Format

HOST: VIRGINIA SWIMMING

LOCATION: Collegiate School Aquatic Center
5050 Ridgedale Parkway, Richmond, VA 2323

2 Convenient Options:

Session 1: August 28, 2016

- **TIME: 10:30a - 12:00p Adult/Child CPR AED**
 - 12:00p -1:30p STSC (Pool Session)
- **PRICE: STSC \$19 (Pay when register online)**
 - CPR \$20 (Pay on class day)



Session 2: September 17, 2016

- **TIME: 9:00a - 10:30a Adult/Child CPR AED**
 - 10:30a - 12:00p STSC (Pool Session)
- **PRICE: STSC \$19 (Pay when register online)**
 - CPR \$20 (Pay on class day)

The new blended learning course offers the following advantages:

- Course time reduced
- Online portion prepares participants to roll directly into the in-water skills session
- Expanded swimming-related first aid topics are included so an additional First Aid certification is no longer required
- New Adult & Child CPR/AED combo course options enable participants to complete all certification requirements in one course



The online STSC test must now be taken through the American Red Cross (not USA Swimming). To register and receive online class information contact:

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