

ABOUT US

The Kennebec Valley YMCA has a pool of the most qualified and credentialed instructors in the region. Our instructors hold a number of certifications and qualifications including, Maine Licensed EMT, National Registry EMT, American Red Cross, American Heart Association & American Safety & Health Institute. The majority of our instructors have at least five years of experience in teaching. Our goal is to provide the highest quality instruction in a fun and relaxed atmosphere.

For more information, pricing and additional course information, please contact:

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**THE Y: FOR YOUTH DEVELOPMENT,
HEALTHY LIVING & SOCIAL
RESPONSIBILITY.**

YMCA Mission: To provide the community with an inspirational environment for the enrichment of all people, through social, recreational, & learning activities. Caring, Honesty, Respect, & Responsibility are the basis for all that we do.

The YMCA is a non-profit 501c(3) charitable organization.



KENNEBEC VALLEY YMCA

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME RESCUE WORTHY

CPR/AED & FIRST AID
COURSES ON LOCATION
FOR BUSINESSES & GROUPS



KENNEBEC VALLEY YMCA

CPR/AED FOR THE PROFESSIONAL RESCUER

Course Length: 4 to 5 hours
Cost: \$60 per person

For healthcare providers, first responders, and professional rescuers in and outside the hospital or for those needing professional-level basic life support training as a job requirement. This course teaches Adult, Child, & Infant CPR, AED use, 2-rescuer CPR and the use of bag-valve mask resuscitators. This course is approved by the Maine Health Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) and Joint Commission on Accreditation of Healthcare Organization's (JCAHO) Resuscitation Standard .

CPR/AED FOR THE COMMUNITY & WORKPLACE

Course Length: 3 to 4 hours
Cost: \$60 per person

Persons who do not work in the healthcare field but are occupationally required to or desire to have CPR knowledge and skills. This includes, but is not limited to: emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters. CPR/ AED skills are taught for adults, children, & infants.

CPR/AED & FIRST AID, OR CPR/AED FOR THE PROFESSIONAL RESCUER & FIRST AID COMBO COURSE

Course Length: 6 to 8 hours
Cost: \$90 per person

Each minute that defibrillation is delayed decreases a patient's chance of survival from cardiac arrest by ten percent!

BASIC FIRST AID

Course Length: 3 hours
Cost: \$60 per person

Individuals who require or desire elementary first aid knowledge and skills with a focus on adults, children or both; including emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters. Skills taught are the proper removal of contaminated gloves, controlling severe bleeding, manually stabilizing an injured limb, managing shock, and manually stabilizing a suspected spinal injury.

CPR/AED & FIRST AID INSTRUCTOR

Course Length: 16 hours
Cost: \$175 per person

Persons with little or no previous teaching experience who desire competency to teach, evaluate, and certify participants in CPR/AED, First Aid & Oxygen training programs, CPR/AED for the professional rescuer certification or Community CPR/ AED certification. Instructor candidates must demonstrate a strong cognitive grasp of the subject matter they wish to teach **and** be able to demonstrate proficiently all skills taught in the provider-level program.

AMERICAN HEART ASSOCIATION BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS COURSE

Course Length: 4 to 5 hours
Cost: \$85 per person

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, administer CPR, use an AED, and relieve choking in a safe, timely and effective manner. This course reflects the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. This course covers the following topics and concepts: Critical concepts of high-quality CPR, the American Heart Association Chain of Survival, 1-Rescuer CPR and AED for adult, child and infant, 2-Rescuer CPR and AED for adult, child and infant, differences between adult, child and infant rescue techniques, bag-mask techniques for adult, child and infant, rescue breathing for adult, child and infant, and relief of choking for adult, child and infant. This course meets the standards for a CPR course for teachers, school staff, athletic trainers, lifeguards, nurses, EMS providers and those entering a health education program such as radiography or nursing school.

All courses meet National and State of Maine Requirements and Licensing Standards. All Courses approved by Maine Department of Health, Education & Child Care Standards.