

Babysitter Safety (Ages 11-17)

***Registration deadline Nov. 11**



This course is for youth's age 11 to 17 years of age. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics

include hand washing, diapering, bottle feeding, and personal safety and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification; certification is not guaranteed). Booklet, handouts and babysitter Safety Certificate of completion included.

Instructor: Life Safe Services Staff
Location: CC Community Room
Time: 9 a.m. – 2 p.m.
Date: Sat., Nov. 19
Fee: \$100 for residents, \$110 for non-residents
Activity #: 220175-A

PADI SCUBA Certification Course



Professional Association of Diving Instructors Experience scuba diving and get PADI open water certification in this four session course. PADI is the most popular certification and can be used to dive anywhere internationally. The orientation night will be held on Sept. 18th at the Mansfield Community Center from 2-4 pm. The following sessions consist of a classroom portion followed by skills in the pool. The cost of the course includes: mask, fin, snorkel, boots, hood, gloves, PADI Dive Book, dive tables (all yours to keep after the course ends) and all certification fees as well as rental gear for all pool sessions and open water dives. Open water dives will take place in the spring/summer (dates TBA) in Jamestown, RI and/or Bigelow Hollow State Park.

Instructor: John D. Langlois from Enfield Scuba
Location: CC Pool & Community Room
Days: **Orientation:** Sun., Sept. 18, 2 p.m.-4 p.m.
Pool Times: Sundays, Oct. 2-Oct. 16, 11:30 a.m-3:30 p.m.
Fee: \$160 for members, \$208 for non-members
E-Learning Package \$202, must be completed thru Enfield Scuba Website at Orientation.
 Tuition, \$175
Gear package \$195, Includes: Mask, snorkel, fins and boots. Sized to you and yours to keep.
Open Water Dives: Optional. \$250, Includes: 4 dives, full gear and suit rental, Log Book and Certification
Activity #: 261026-A



American Red Cross Adult & Pediatric CPR

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The course fee includes all course materials and certification costs. There is an online component that must be completed prior to the first day of class. This online course work will be sent out 1 week prior to the first day of class.

Instructor: Jeanne Goffinet
Location: Community Room
Day: Sun., Oct. 16 (260002-A) **Register by:** Oct. 6
 Sun., Nov. 6 (260002-B) **Register by:** Oct. 31
Time: 10 a.m. – 2 p.m.
Fee: \$82 for members, \$106 for non-members

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Certifications

Lifeguard Training Recertification and Bridge Class (Ages 15+)

***Registration deadline Oct. 6**



The objective of this course is to enable currently certified ARC lifeguards to update their certification to the newest curriculum and safety standards (released Jan. 2017) and who are looking to renew their certification because they are close to expiration.

This course is for current ARC lifeguards who are already certified, or those who have expired no more than 4 weeks prior to the date of this class. Participants are required to demonstrate the following pre-course skills: a continuous 300 yard swim with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object in which candidate return to the starting point with the object and exit the pool without using the stairs or a ladder. Students should bring their pocket masks with them to class as these are not provided with this course. Please bring a bathing suit, goggles and towel to class. A lunch break will be provided.

Instructor: Jeanne Goffinet
Location: Community Room, MCC Pool
Dates: Sat., Oct 15
Time: 10 a.m. – 4 p.m.
Fee: \$130 for members, \$169 for non-members
Activity #: 261023-A



Lifeguard Training- Blended Learning (Ages 15 +)

***Registration deadline Oct. 20**

The Mansfield Community Center is proud to provide the most current and up to date training course for lifeguard certification. This course will present the newest lifeguarding curriculum available through the American Red Cross released earlier this year. The purpose of the ARC Lifeguard Training Program is to teach candidates safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. This course does have pre-test that is administered during the first hour of the class. The course pre-requisites include: a continuous 300 yard swim with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object in which candidate return to the starting point with the object and exit the pool without using the stairs or a ladder. Students are only allowed to use goggles for the pre-requisite 300 yard swim portion of the class, students must be able to demonstrate all skills in the class without the use of goggles to pass the course.

This is a Blended Learning Course which means there are approximately 10 hours of online learning that must be finished before the first in class session. Upon registration (once the minimum to run the course has been met) the candidate will receive a welcome email to the course with instructions on how to access the online content. Candidates **MUST** provide the MCC a valid email address upon registration. Registration fees include: one course manual, one pocket mask and processing fees for successful candidates to be issued a certification.

Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. Please bring bathing suit and towel to each class.

Instructor: Jeanne Goffinet
Location: Community Room and Pool
Dates: Sat., Oct. 29, Sun., Oct. 30, and Sat., Nov. 5
Time: 10 a.m. – 4 p.m.
Fee: \$227 for members, \$295 for non-members
Activity #: 261022- A

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