

Sacramento Area YMCA

**2009
Class Schedule**



**First Aid
Basic CPR
Life Guard
Basic Water Safety Today
CPR for Health Care Providers**

LOCATIONS

Central Branch

2021 W Street
Sacramento, CA 95818
Phone: 916-452-9622
Fax: 916-452-7724
Sacymca.org

Northeast Branch

3127 Eastern Ave
Sacramento, CA . 95821
Phone:(916) 483-6426

CONTACT

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(916)452-9622 x 101
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*We build strong kids,
Strong families,
Strong communities*

Life Guard Classes

CPR, First Aid, CPR for Health Care Providers & Basic Water Safety Today

Central Branch

Central Branch/Indoor

Course 1

March 6th-15th

Fri. March 6th, 5pm - 8pm
 Sat. March 7th, 8:30am - 5:30pm
 Sun. March 8th, 12pm - 6pm
 Sat. March 14th, 8:30am - 5:30pm
 Sun. March 15th, 12pm - 6pm

Course II

May 1st-10th

Fri. May 1st, 5pm-8pm
 Sat. May 2nd, 8:30am - 5:30pm
 Sun. May 3rd, 12pm - 6pm
 Sat. May 9th, 8:30am - 5:30pm
 Sun. May 10th, 12pm - 6pm

Northeast Branch/ Outdoor

Course 1

April 6, 7, 8, 9 & 11
 9am-5pm

Course II

May 2, 3, 9, 16, 17
 9am-5pm

January	10- Basic CPR/FA
February	7 - Basic CPR/FA 21 - CPR for HCP 28 -Water Safety Today
March	14 - Basic CPR/FA 21 - CPR for HCP
April	4- Basic CPR/FA 18 - CPR for HCP
June	13-Water Safety Today
August	15 - Basic CPR/FA 29 - CPR for HCP
September	12- Basic CPR/FA 12 -Water Safety Today 26 - CPR for HCP
October	10 - Basic CPR/FA 24 - CPR for HCP
November	7 - Basic CPR/FA 21 - CPR for HCP
December	5 - Basic CPR/FA 12 -Water Safety Today 19 - CPR for HCP

Fees	YMCA Members	Non-Members
Basic First Aid	\$35	\$40
Basic CPR	\$45	\$60
Combo CPR/First Aid	\$50	\$85
CPR for Healthcare Providers	\$70	\$75
Life Guard Classes	\$175	\$200
Basic Water Safety Today	\$60	\$85

Times: Basic CPR: 9am - 1pm
 First Aid: 1:30pm - 2:30pm
 CPR for HCP: 9am - 2pm
 Basic Water Safety Today: 2pm-6pm