

SERA CHERESKIN



American
RedCross



Fitness & Wellness

AMERICAN RED CROSS BABYSITTER'S TRAINING COURSE

@ e-Fitness and Wellness
Course Description:

This course gives youth ages 11 to 15 years old the knowledge and confidence to care for infants and school-age children. Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitter's Training teaches youth how to:

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Perform pediatric first aid & pediatric CPR
- Make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Start their babysitting business

Course length: 6 1/2 for core course; program offers a variety of additional topics that can be included in the training.

DATES

Classes are held on the following dates:

January 21st, 2012	9am-3:30pm
February 18th, 2012	9am-3:30pm
March 24th, 2012	9am-3:30pm
April 21st, 2012	9am-3:30pm

Only 10 participants allowed in each course
Each parent must fill out a registration form
Each student has the option of bringing his or her lunch or ordering from our café
Courses are \$85 per student

*If you have 10 participants, you may schedule a course separate from the dates provided

SERA CHERESKIN

1735 Richard Drive

Biloxi, Ms 39532

Phone: 228-396-3200 ext 253

E-mail: schereskin@efitwell.com

