



**CITY OF NOVATO
PARKS & RECREATION**

BASIC FIRST AID & COMMUNITY CPR CLASSES

Ages: 12 years and over

Instructor: Anywhere CPR Staff



BASIC FIRST AID:

Want to know what to do in an emergency? Knowledge + Practice = Confidence. We cover basic first aid core topics, practice lifesaving skills, answer your questions, and have you leaving class confident and ready to act. Some core topics: Recognizing an emergency, calling for help, stopping major bleeding, bandaging, medical issues, trauma, EpiPen use, environmental issues and more. Students who pass the class will receive a certification card valid for 2 years.

Dates	Day	Time	Location	Res/Non	Code
Saturday	Oct 19	9-1PM	Hamilton Community Center	\$85/\$95	bfa.1
Saturday	Dec 14	9-1PM	Hamilton Community Center	\$85/\$95	bfa.2

COMMUNITY CPR:

In this fun class learn how to help someone having a heart problem, a stroke, or who is choking. Gain confidence through knowledge and practice. This class covers Adult, Child, and Infant CPR, AED use, and choking rescue. Topics include: Recognition of a problem, risk factors, calling for help, safety, hands only vs. breaths/compressions, and much more. Students who pass the class will receive a certification card valid for 2 years.

Dates	Day	Time	Location	Res/Non	Code
Saturday	Nov 9	9-1PM	Hamilton Community Center	\$85/\$95	cpr.6

Please contact Anywhere CPR at 415-952-3030, or visit www.anywherecpr.org with any questions.

Register now by walk-in, mail-in, fax-in, or online at novato.org/regforfun

Novato Gymnastics Center

950 7th Street
Novato, CA 94945
M-F 9-5pm
(415) 899-8279 FAX: (415) 897-6395

Margaret Todd Senior Center

1560 Hill Road
Novato, CA 94947
M-F 9-5pm
(415) 899-8290 FAX: (415) 897-0239