



CPR classes offered at the Rec Center in February

What: Two-hour classes will cover CPR and the use of the AED on adults, children and infants. It will also cover how to help someone who is choking.

Who: Members who are 16 years of age and older.

Cost: \$40 - includes a card from the American Heart Association.

When:

Friday, Feb. 5	11 AM-1 PM
Wednesday, Feb. 10	1-3 PM
Saturday, Feb.13	9:15-11:15 AM
Wednesday, Feb. 17	1-3 PM
Friday, Feb. 19	11 AM-1 PM
Tuesday, Feb. 23	4-6 PM

Limit of 6 people per class.

Sign up online through the app or member portal.
Registration is also available at the front desk.