

American Red Cross

The Midway-Kansas Chapter of the American Red Cross offers a variety of courses, including:

- First Aid
- CPR
- Automated External Defibrillation
- Lifeguarding
- Babysitting
- Pet First Aid
- Canoeing
- Kayaking
- HIV/AIDS Education
- Injury Control Modules
- Safe Baby Presentation
- Emergency Preparedness
- Family Caregiving
- Bloodborne Pathogens
- and more

For more information about any of the above courses or products, such as first aid kits and breathing barriers, contact the Health and Safety Office at (316) 219-4060 or visit our website at:

www.midwaykansas.redcross.org



American Red Cross

American Red Cross
Health & Safety Services
1900 E. Douglas
Wichita, KS 67214

Learn to Sail

Summer
2010



Learn to Sail

The American Red Cross Adult Learn to Sail Course was developed in conjunction with the U.S. Sailing Association.

Classes include 25 hours of instruction, both in the classroom and on the water. They are led by a team of enthusiastic, experienced volunteer instructors.

Course content includes:

- Basic Boat Handling Skills
- Sailing Terminology
- Knot Tying
- Sailing Theory
- WATER & SMALL CRAFT SAFETY!

Prerequisites: To enroll in the Basic Sailing course, you must be at least 14 years old and be able to swim 25 yards unassisted. Be able to enter deep water and sustain yourself for five minutes unassisted (treading water, survival floating, back floating), put on a life-jacket while in deep water, and float or swim for at least three minutes.

Location: Evening sessions will be held at the Red Cross, 1900 E. Douglas in Wichita. Weekend sessions will be conducted at Cheney Reservoir, 25 miles west of Wichita.

For more information call (316) 219-4060



Class Schedule

Class #1

June 3, 8, 10 (Th, Tu, Th) 6:30-9:30 pm

June 12 & 13 (Sat & Sun) 9:00 am-5:00 pm

Class #2

June 17, 22, 24 (Th, Tu, Th) 6:30-9:30 pm

June 26 & 27 (Sat & Sun) 9:00 am-5:00 pm

Class #3

July 1, 6, 8 (Th, Tu, Th) 6:30-9:30 pm

July 10 & 11 (Sat & Sun) 9:00 am-5:00 pm

Class #4

July 15, 20, 22 (Th, Tu, Th) 6:30-9:30 pm

July 24 & 25 (Sat & Sun) 9:00 am-5:00 pm

Class #5

July 29, August 3, 5 (Th, Tu, Th) 6:30 - 9:30 pm

August 7 & 8 (Sat & Sun) 9:00 am - 5:00 pm



Registration

Pre-registration is required and may be completed by mail, in person or online at

www.midwaykansas.redcross.org

The \$100 course fee must accompany enrollment. Fee includes course books and the use of sailboats, lifejackets and other safety equipment. For your convenience, you may also charge the course fee to your VISA or MasterCard. Class size is limited, so register early!

Name _____

Address _____

City _____

Zip Code _____

Daytime Phone _____

E-mail _____

Class Number _____

If you are paying by credit card:

VISA /MasterCard # _____

Exp. Date _____

Signature _____

Send enrollment to:

American Red Cross
Health and Safety Services
PO Box 3726
Wichita, KS 67201