



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HANDS-ONLY CPR

The purpose of the Hands-Only CPR course is to teach untrained bystanders how to perform hands only CPR. There are no prerequisites or minimum age to participate in the Hands-Only CPR course. The course is 30 minutes and there is no certificate for the Hands-Only CPR.

Pre-registration is required. To register:

- A Hamilton Area YMCA membership is not required for participation in these programs.
- Certification classes must have a minimum of three participants for the class to be held due to skill practice.
- Registration must be completed via phone or in person at the Membership Service Desk.

**Fee: \$0**

### Offerings

Tuesday, August 14	7:00 - 7:30 p.m.
Thursday, August 16	9:00 - 9:30 a.m.
Monday, September 10	7:00 - 7:30 p.m.
Thursday, September 13	9:00 - 9:30 a.m.
Thursday, October 18	9:00 - 9:30 a.m.
Thursday, November 8	9:00 - 9:30 a.m.
Monday, November 19	7:00 - 7:30 p.m.
Thursday, December 6	9:00 - 9:30 a.m.
Tuesday, December 18	7:00 - 7:30 p.m.