

Teen Programs



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Babysitter Safety (Ages 11-17)

*registration deadline May 22

This course is for youth's age 11 to 17 years of age. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, and personal safety and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification; certification is not guaranteed). Booklet, handouts and babysitter Safety Certificate of completion included.

Location: CC Arts and Crafts Room
Time: 9 a.m.-2 p.m.
Date: Sat., May 29
Fee: \$97 for residents, \$107 for non-residents
Activity #: 420175-A

NEW! Teen Lift (Ages 14+)

A 4 week session designed to teach the proper form of major lifts. Learn how to best use these lifts to integrate into your lifting program. All teens, ages 14+ are welcome to attend.

Location: CC Fitness Center
Time: 3:30-4 p.m.
Dates: Thurs., April 7-May 5 (4 classes) *no class 4/21
Fee: \$20 for members, \$40 for non-members
Activity #: 470089-A

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