



## **2022 HSR Adult Training Schedule**

### **American Red Cross Adult CPR/AED & First Aid**

Monday 9am-4pm Class time. Testing 7:15pm-9pm

Location: Dining Hall

### **American Red Cross CPR Pro**

Tuesday, Wednesday, Thursday 1:30pm-4:00pm

Location: Dining Hall

### **American Red Cross Wilderness First Aid**

Thursday & Friday 9:00 am- 5:00 pm

Location: Dining Hall

### **Introduction to Outdoor Leadership Skill (IOLS)**

Tuesday and Wednesday 9:00am -4:00pm

Location: Dining Hall

### **Paddle Craft Safety**

Tuesday 7:15pm

Location: Lakefront

### **Swimming and Water Rescue**

Wednesday 7:15pm

Location: Pool