

# **CPR and Safety Day at Brandy Maries Gymnastics!!!**

**Saturday March 9<sup>th</sup>, 2019**

**Join us at 517 Parker Road Sarver, PA 16055**

**Come Learn CPR, Stranger Danger, and Self Defense!!**

Brandy Maries will be holding a course designed to teach the basics of CPR and help prepare you for certification through the American Heart Association. The course will be 3 hours long beginning at 9:00am and ending at 11:00am. Infant, Toddler and Adult CPR will be covered as well as basic Heimlich maneuver for choking. This is a great course for those wishing to begin babysitting or anyone who would like to be prepared in an emergency situation.

**Stranger Danger will be offered from 11:15AM-11:45AM**

Children and Teens alike will learn how to identify and protect themselves at home and outdoors from potentially dangerous situations.

**Basic Self Defense will be offered 11:45am-12:15pm**

**CS Kim Instructors** will be here to teach the best ways to defend yourselves in potentially dangerous situations. Children, Teens, and adults alike are welcome to attend any or all of the above courses. Discount bundle packages available.

**CPR only-- \$50**

**Stranger Danger and Self Defense --\$10 each or \$20 for both**

**All Three Classes --\$55**

**\*\*NOT AFFILIATED WITH ANY SCHOOL DISTRICT\*\***

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## **Registration**

Participant Name\_\_\_\_\_ DOB\_\_\_\_\_

Address\_\_\_\_\_ City\_\_\_\_\_

State\_\_\_\_\_ Zip\_\_\_\_\_ Phone Number\_\_\_\_\_

Class desired \_\_\_\_\_ CPR \_\_\_\_\_ Stranger Danger \_\_\_\_\_ Self Defense

\_\_\_\_\_ All Three classes

**Please make Checks payable to BMG**

Questions??? Please call 878-425-0045