

# FREE CPR CLASS!

## American Heart Association FRIENDS & FAMILY CPR/AED

Learn Adult, Child, and Infant CPR, Relief of Choking,  
and Use of the AED, and receive a class participation card!

Taught by Certified EMTs and Paramedics who VOLUNTEER with VBVRS.  
Have the confidence to respond in an emergency with skills that can save your loved one's life.

### Community Registration and Participation

Virginia Beach Rescue Squad Foundation is sponsoring AHA's Friends & Family classes at no charge to our community members.

Large Groups – We would love to make a quick presentation to you and invite you to a class!

E-mail us at [CPR@rescue14.com](mailto:CPR@rescue14.com) to make an appointment.

*\*Anyone desiring certification will be referred to CPR instructors who provide this professional service.*

Visit [www.rescue14.com](http://www.rescue14.com) to print forms

\$20.00 per person deposit is due with each registration and will be refunded upon attendance.

Fill out the registration form and make your check or money order to: VBVRS.

If you cannot attend class, please notify the coordinator 24 hours in advance.

Otherwise, your check will be deposited as a donation.

You will be contacted by the Program Coordinator to confirm your class.

Questions? Write them in the area on the form or email them to [CPR@rescue14.com](mailto:CPR@rescue14.com)

Mail or drop off completed forms and deposit:

VBRSF Attn: CPR Class  
740 Virginia Beach Blvd.  
Virginia Beach, VA 23451

### Class Dates and Times

Dates marked in BLACK – CPR 09:30-12:00 at Rescue 14

Dates marked in GREEN – CPR 09:30-12:00 and First Aid from 12:30-4:30 at Rescue 8

**Rescue 14 Station**  
740 Virginia Beach Blvd.

(757) 437-4830

**Rescue 8 Station**

1243 Bayne Dr.

(757) 333-3365

November 19 -Rescue 14

December 17 -Rescue 8

January 21 - Rescue 14

February 18 - Rescue 14

March 24 - Rescue 8

April 21 - Rescue 14

May 19 - Rescue 14

June 16 - Rescue 8

# CPR EDUCATION REGISTRATION

FIRST NAME

LAST NAME

PHONE NUMBER

E-MAIL ADDRESS *\*required*

STREET ADDRESS

CITY, STATE

ZIP CODE

HOW DID YOU HEAR ABOUT THIS CLASS?

NAME OF FRIENDS OR FAMILY YOU ARE REGISTERING WITH - Enclose \$20 for each person

CLASS DATE DESIRED-Coordinator will contact you to verify date due to limited class enrollment.

PLEASE ENTER ANY QUESTIONS OR COMMENTS YOU MAY HAVE

ARE YOU INTERESTED IN RIDING AS AN OBSERVER ON AN AMBULANCE?

YES

NO

For more information about volunteering with the Rescue Squad,  
go to [livesneedsaving.org](http://livesneedsaving.org)