



American Red Cross



Water Safety Instructor Course

Candidates will train to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Water Safety Instructors will learn how to teach:

- Swimming skills that help prepare those of all ages for any aquatic activity.
- Stroke mechanics for all competitive strokes as well as starts, turns and headfirst entries.
- Water safety certification courses, including Safety Training for Swim Coaches and Basic Water Rescue.
- Aquatic fitness and training for people of any age.

To enroll instructor candidates must be at least 16 years of age on or before the last day of the instructor course and successfully complete the precourse session which includes demonstration of swimming skill at Learn-to-Swim Level 4. Instructor candidates must participate in all classes, demonstrate competency in all required skills and activities and correctly answer at least 80% of the questions on the final written exam.

Course Pre-requisites:

- Must be at least 16 years old on or before the final scheduled session of the course.
- Demonstrate proficiency in the six swimming strokes by completing:
 - Front crawl 25 yards
 - Back crawl 25
 - Breaststroke 25 yards
 - Elementary backstroke 25 yards
 - Sidestroke 25 yards
 - Butterfly 15 yards
- Must be able to maintain position on back for 1 minute in deep water (floating or sculling)
- Must be able to tread water for 1 minute

Dates & Times:

June 10th - 12th 8:30am-4:30pm

June 15th 8:30am-2:30pm

Cost:

\$225 (Resident)

\$250 (Non-resident)



Registration online only!

Registration Deadline: June 1st

Email pricena@lodischoolswi.org for questions

***Min/max required to hold course**