



Course Details

This blended training course is available to those who are 16 years of age and older. The purpose of the American Red Cross Water Safety Instructor course is to provide participants with the skills and knowledge needed to teach Red Cross Swim Lessons. During the course you'll learn how to help individuals enjoy their time in the water safely – and in a wide range of ways. Focus will be on key areas that can help you succeed as aquatics instructor, such as:

- Water safety at public pools, homes, natural bodies of water and more, including the Circle of Drowning Prevention and Chain of Drowning Survival.
- Hydrodynamics, including why some things float, resistance to movement and creating movement in water, swimming efficiency and laws of levers.
- Basic safety, survival and swimming skills to help children gain water competency.
- Helping people with disabilities and other health conditions enjoy the water safely.

Water Safety Instructors will also learn how to teach:

- Higher-level swim skills that help prepare people 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.
- Fundamentals of diving from a diving board.
- Aquatic fitness and training for people of any age.



Training Dates and Times

May 29- 6:30-8:30

June 10 1:30-5:30

June 11 9:00-5:00

June 12 9:00-5:00

Certification Requirements: Complete all online components, attend all class sessions, successfully perform all required skills, successfully complete four teach-back assignments; and pass the written exam with a minimum grade of 80 percent or better on.

Certification Includes

Ability to Teach:

- **Learn-to-Swim Levels 1-6**
- **Parent and Child Aquatics**
- **Water Safety Outreach including: Basic Water Rescue, Water Safety Presentations, Longfellow's W.H.A.L.E. Tales**

COST: \$125

TO REGISTER:

Call- (906)259-2741

Email:

alawlor@eupschools.org

*Class size is limited. Register early

