Instructor Certification Course

American Red Cross

Swim Instructor Training

At Covington Aquatic Center

Fall 2012

Learn the rewarding skill of teaching others to swim!

To teach American Red Cross swimming lessons, instructors must successfully complete 2 courses. The first is the Fundamentals of Instructor (FIT) Training, which prepares individuals to teach American Red Cross classes. The second is the Water Safety Instructor (WSI) course, which prepares individuals to teach American Red Cross swimming lessons and water safety classes. Both of these courses are included in this swim instructor training.

Am I ready to take this course?

This course is strictly limited to those individuals that are at least 16 years of age by the end of the course and are able successfully demonstrate the prerequisite swimming skills evaluation. The prerequisite swimming skills evaluation is completed on the first day and includes the following skills:

- ***Stroke Demonstration:*** Swim front crawl 25 yards, back crawl 25 yards, breaststroke 25 yards, elementary backstroke 25 yards, sidestroke 25 yards, and butterfly 15 yards.
- ***Back Float:*** Maintain a position on back for 1 minute (fining or sculling acceptable).
- ***Tread Water:*** Tread water for 1 minute.

The skills evaluation is design to determine whether individuals have the necessary water skills knowledge and ability to successfully participate in the class.

Limited Space—Register Today!

Registration available

- online at www.covingtonwa.gov/cac
- via phone, (253) 480-2480
- in person at the Covington Aquatic Center

Each year the American Red Cross teaches more than 2 million children and adults to swim. Red Cross Water Safety Instructors are in demand throughout the country and certification is recognized nationwide, so you can work wherever you go.

Class #, Days & Times

#1407.3001 Friday 11/16 - Saturday 12/15

Fridays, 5:30-8:30pm
Saturdays, 9:30am-12:30pm
Sundays, 8:30-11:30am
(Exception: No class on 11/23, 11/24, and 11/25)

Cost

General Fee: $240.00
Covington Discounted Fee: $200.00

Materials

All course materials are included in the cost of this course. Materials will be distributed on the first day of class.

Covington Aquatic Center

Visit us online at
www.covingtonwa.gov/cac

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