



Covington Aquatic Center
 (425) 413-POOL (7665) • 18230 SE 240th St
 www.covingtonwa.gov/cac

Brought to you by:



Swim Instructor Training

At 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.

Fundamentals of Instructor Training (FIT)

Class #, Days & Times

#1406.2001 Tuesday 4/17
 Tuesday, 3:00-7:30pm

Cost

General Fee: \$61.00
 Covington Discounted Fee: \$51.00

Materials

All participants must have the Fundamentals of Instructor Training Participant's Manual. This item is available for purchase at the Covington Aquatic Center for \$6.50.

Water Safety Instructor (WSI) Course

Class #, Days & Times

#1407.2001 Thursday 4/19 - Friday 5/18
 Tuesdays, Thursdays, and Fridays, 3:00-6:00pm
 (exceptions: no class on 5/1, 5/3, and 5/4)

Cost

General Fee: \$200.00
 Covington Discounted Fee: \$165.00

Materials

All participants must have the Water Safety Instructor Candidate's Kit. This item is available for purchase at the Covington Aquatic Center for \$50.00.

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.

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, 425-413-POOL(7665)
- in person at the Covington Aquatic Center (18230 SE 240th St)