

# Water Safety Instructor Course

## April/May 2009

### PORTSMOUTH RECREATION DEPARTMENT

This Red Cross course certifies the passing participants to teach all levels of Red Cross swimming and diving from infants to advanced swimmers. The pre-requisite course “Fundamentals of Instructor Training” is included in the course content. This course is for individuals who wish to teach Red Cross swimming lessons at authorized facilities.

#### **Course Requirements:**

1. Students must be 16 years old on or before May 7<sup>th</sup>.
2. Students must be able to perform the swimming skills (listed on back) before registering for the course. Sign up for a pre-course test by calling the instructor at the pool and setting a time and date. Deadline for both pre-course testing and registration is March 24<sup>th</sup>. There is no cost for the pre-course test.
3. All class sessions are mandatory. See reverse side for details and review text in box.

**Registration:** Begins Monday March 2<sup>nd</sup>, 2009

**Class Length:** 36 hours, which includes the required certification in F.I.T (Fundamentals of Instructor Training) See back page for all dates and times.

**Location:** Portsmouth Indoor Pool (next to the Portsmouth High School)

**Instructor:** Greig Cronauer

**Cost:** \$200.00 (includes all books, materials and course fees)

**Class Completion:** Gives you a Water Safety Instructor certificate which allows you to teach all levels of Red Cross swimming and diving from infants to advanced swimmers. You also earn a “Fundamentals of Instructor Training” cert.

#### **Payment Information:**

- Payment in full is required at registration to hold your spot in the course.
- The class will be filled on a first come first served basis.
- The pool will not accept telephone reservations or hold spaces for any individual.
- Payment by check or cash only.

#### **Cancellation and Refund Policy:**

We must have 7 students to run this course. If 7 students do not enroll, we will refund all fees. If we have 7 students paid and passed by Mar. 24<sup>th</sup> we will run the course and there will be no refunds. There is no cost for the pre-course test.

**Pool address:** Portsmouth Indoor Pool, 48 Andrew Jarvis Dr.  
 (next to the Portsmouth High School) Portsmouth, NH 03801  
 Phone: (603) 427-1546

## WATER SAFETY INSTRUCTOR COURSE – DATES AND TIMES

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Pre-course Session	Scheduled with the instructor (see below).	
Sunday	March 29 <sup>th</sup>	5 – 8:00 pm
Thursday	April 2 <sup>nd</sup>	5 – 8:15 pm
Sunday	April 5 <sup>th</sup>	5 – 8:00 pm
Thursday	April 9 <sup>th</sup>	5 – 8:15 pm
Sunday	April 12 <sup>th</sup>	<b>NO CLASS</b>
Thursday	April 16 <sup>th</sup>	5 – 8:15 pm
Sunday	April 19 <sup>th</sup>	5 – 8:00 pm
Thursday	April 23 <sup>rd</sup>	5 – 8:15 pm
Sunday	April 26 <sup>th</sup>	5 – 8:00 pm
Thursday	April 30 <sup>th</sup>	5 – 8:15 pm
Sunday	May 3 <sup>rd</sup>	5 – 8:00 pm
Thursday	May 7 <sup>th</sup>	5 – 8:15 pm
Sunday	May 10 <sup>th</sup>	5 – 8:00 pm
Thursday *	May 14 <sup>th</sup>	5 – 8:15 pm

\* (class will be held if needed)

This WSI course is based upon curriculum material requiring a minimum of 36 hours, including the required Instructor Candidate Training course. Students may not miss any classes. In the event of a dire emergency, students may miss one class, and one class only, as long as the material is made up. Please contact the instructor for more information.  
BE ADVISED,... if you ear-mark this “free” day in advance (such as for school vacation, prom, etc.) it will leave you no “breathing room” for emergencies. If your car then breaks down or you get the flu for a day you will not meet the minimum requirements and you will not pass the course. Being late will constitute missing half a class.

**Bottom line:** Participants should not register for the WSI Course if they will have difficulty attending the classes beyond the one exception.

**Pre-Test skills:** (Must be passed with the course instructor before you register)  
 All skills must be at Level 4 ability. See the attached performance standards.

1. Swimming skills:
  - Front Crawl – 25 Yards
  - Back Crawl – 25 Yards
  - Breaststroke – 25 Yards
  - Elementary Backstroke – 25 Yards
  - Sidestroke – 25 Yards
  - Butterfly – 15 Yards
2. Maintain position on back for one minute in deep water (floating or sculling).
3. Tread water for one minute.