

Swim Fitness Center

Water Safety Instructor Course

The American Red Cross **Water Safety Instructor Course** provides instructor candidates the training needed to teach courses in the American 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.

Concepts and features of the Water Safety Instructor course include:

- New minimum age prerequisite of 16 years of age to enter the course.
- Shortened course time of approximately 30 hours (including pre-course session).
- Clearly described and applied teaching strategies, including:
 - Explain, demonstrate and practice;
 - Task setting;
 - Station teaching; and
 - Guided discovery.
- New instructor manual provides tools and information needed to plan and conduct courses. A CD-Rom will be packaged with the instructor's manual with information and tools for individuals managing a swim program, as well as conducting and administering learn-to-swim courses.
- New video segments that bring to life the realities of what to expect from their students throughout the levels for the brand new instructor.
- Video segments that focus on effective class management and effective teaching strategies in the aquatic setting.
- Various video segments show typical examples of basic skills and common progressions including breath control, swimming on the front and swimming on the back.
- Video segments also show some typical performance of the strokes as they progress through the levels. This video depiction helps instructor candidates visualize the description of the strokes in the written skills performance criteria charts that they will then be able to use when evaluating their students' performance.
- Supported by video, the instructor candidates work to develop their ability to observe and assess, often referred to as having a photographic eye, which will help them to identify weaknesses and determine how to intervene to move their students to the next level.
- Learning activities, games and drills are built in throughout the course; some are led by the instructor trainer while others are led by instructor candidates. This helps instructor candidates improve their strokes and understand how to integrate activities, games and drills effectively into their teaching.
- Multiple opportunities for instructor candidates to practice their teaching skills through formal practice teaching assignments as well as leading mini-lessons.

Whether you want to splash around with kids and teach them to swim, help children or adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor. Qualified instructors can also help prepare swim coaches to prevent and respond to emergency situations. Contact the **Swim Fitness Center** to find out more.

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May Course Details:

Date	Description	Site	Time
May 19	Water Pretest*	Blairstown	6 to 7pm
May 22 & 23	Course	Blairstown	9am to 5pm

Water pretest:

Demonstrate the ability to perform the following swimming skills:

1. Swim the following strokes:

Front crawl (also known as freestyle) - 25 yards

Back crawl - 25 yards

Breaststroke - 25 yards

Elementary backstroke - 25 yards

Sidestroke - 25 yards

Butterfly - 15 yards

2. Maintain position on back 1 minute in deep water (floating or sculling).

3. Tread water for one minute

To REGISTER call 973.729.3737