

# Water Safety Instructor



**For individuals who would like to become swimming instructors, this class provides the knowledge and the training in the skills necessary to be a successful instructor. Class material will include general water safety and emergency procedures, swimming safety for infant and preschoolers, teaching methods, and the Progressive Learn-to-Swim Levels.**

**To participate in the Water Safety Instructor course, individuals must:**

- Be at least 16 years of age on or before the final session of the course.
- Have successfully completed Fundamentals of Instructor Training.
- Demonstrate the ability to perform the following skills:
  - Swim the following strokes consistent with Stroke Performance Charts Level IV.
    - Front Crawl – 25 yards
    - Back Crawl – 25 yards
    - Breaststroke – 25 yards
    - Elementary Backstroke – 25 yards
    - Sidestroke – 25 yards
    - Butterfly – 15 yards
  - Maintain position on back for one minute in deep water (floating and sculling).
  - Tread water for one minute.

**Certificate :** American Red Cross Water Safety Instructor

**Course Cost:** \$175.00 (materials included)

**Course Length :** 36 hours; includes FIT prerequisite course

Thurs 4/13 6-10 p.m. 4 hrs. FIT Class Room A  
Sat 4/15 8-4:30 p.m. 8 hrs Pool & Classroom  
Mon 4/17 6-10 p.m. 4 hrs Pool & Classroom  
Thurs 4/20 6-10 p.m. 4 hrs Pool & Classroom  
Sat 4/22 8-4:30 p.m. 8 hrs Pool & Classroom  
Sun 4/23 8-4:30 p.m. 8 hrs Pool & Classroom

**El Monte Aquatic Center  
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**For more Information;  
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