

**BOLD Community Pool
Water Safety Instructor – Certification Class
Ages 16 – Adult**

Overview of Class:

Participants learn skills and knowledge to teach children and adults to be safe in, on and around water. (plus other areas: swim strokes, practice teaching, how to write a lesson & block plan)

Participants must be able to:

- Swim 25 yards of – Front Crawl, Back Crawl, Breaststroke, Elementary backstroke, Side Stroke and Butterfly (Level 4 Stroke Performance).
- Maintain position on back for 1 min in deep water (floating or sculling).
- Tread water for 1 minute.
- Fundamentals of Instructor Training Course (FIT) Included in WSI course hours.

Upon Successful Completion:

- Participants receive a certificate for the American Red Cross Water Safety Instructor (also, FIT Certificate) and qualify to apply for WSI positions.
- Participants must attend all classes, no exceptions. Limited to 10 students.
- Bring swim gear, (NO bikini suits) towels, 3 ring binder, pen, highlighter and lunch on every day. (You will be in and out of the pool, so any extra dry suit & extra towels are helpful to stay warm)

Dates and Times:

January 13 9:00 am – 5:30 pm

January 14 9:00 am – 5:30 pm

January 20 9:00 am – 5:30 pm

January 21 9:00 am – 5:30 pm

Fee is \$250.00 (Includes books) Questions you can email tracey.johnson@bold.k12.mn.us (320) 523-1031 ext 3152

***** BOLD Students please contact Tracey Johnson**

Registration Deadline January 1, 2018

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Name _____

Cell Phone Number _____

Email Address _____

Age by the last day of class _____ **(Must be 16)**

Mail Registration Form and Fee to:

**BOLD Community POOL
Tracey Johnson, Pool Coordinator
701 South 9th Street
Olivia, MN 56277**