

**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)

Dates and Times:

November 16th 8:00 am - 6:00 pm

December 8th 8:00 am - 6:00 pm

January 19th 8:00 am - 6:00 pm

February 2nd 8:00 am - until done

\*\*\*\*\*This will be the only class offered this school year!

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

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

Registration Deadline November 7th, 2019

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Water Safety Instructor – Certification Course

Name \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Age by the last day of class \_\_\_\_\_ (Must be 16)\*\*\*\*\*Payment must accompany registration

Mail Registration Form and Fee to:

BOLD Community POOL  
Tracey Johnson, Pool Coordinator  
701 South 9<sup>th</sup> Street  
Olivia, MN 56277