

# **Kiwanis Natatorium**

AMERICAN RED CROSS

## **Water Safety Instructor (WSI) Class #510310-03**

Prepares instructor candidates to organize and conduct courses in swimming and water safety, including Learn-to-Swim, Infant and Preschool Aquatics program, Community Water Safety, Basic Water Rescue and Water Safety Instructor Aide.

Includes: Fundamentals of Instructor Training Course.

**Prerequisites:** Minimum age of 16 years. \*Perform long shallow dive in deep water, surface dive and successfully retrieve a 10 lb. object from 8 feet of water. \*Perform wading assist with equipment. \*Correctly approach a possible head injury victim, stabilize with the head splint technique, and maintain in-line stabilization.

\*Perform a throwing assist from land using equipment. \*Perform a reaching assist from land using equipment.

\*Swim 50 yards each of the following: Front Crawl, Back Crawl, Sidestroke, Breaststroke and Elementary Backstroke.

\*Swim 10 yards Butterfly. \*Standing dive from the deck. \*Candidate must be able to pass the aquatic safety pre-course written exam.

**Class size is limited!!**

**Class Fee: \$180.00 includes materials and pool usage.**

**Session: Class Dates: (must attend all class dates and times – 30 hours)**

|                  |              |           |                            |
|------------------|--------------|-----------|----------------------------|
| <b>Wednesday</b> | <b>March</b> | <b>30</b> | <b>6:00 PM to 10:00 PM</b> |
| <b>Thursday</b>  | <b>March</b> | <b>31</b> | <b>9:00 AM to 3:00 PM</b>  |
| <b>Friday</b>    | <b>April</b> | <b>1</b>  | <b>9:00 AM to 3:00 PM</b>  |
| <b>Saturday</b>  | <b>April</b> | <b>2</b>  | <b>10:00 AM to 2:00 PM</b> |

**Deadline for registration: Wednesday, March 23 !!!!**

CONTACT MITCH LEWIS- AQUATICS MANAGER  
NATATORIUM 341-2386 EXT. 6930 for additional information.