

Nassau County Aquatics Center

Water Safety Instructor Course

Prerequisites:

- ♦ Be at least 16 years of age before the final scheduled lesson, June 5th
- ♦ Tread water for 1 minute
- ♦ Then maintain position on back for 1 minute in deep water (floating or sculling)
- ♦ Swim 25 yards at Level 4 Proficiency:
 - ♦ Front Crawl
 - ♦ Breaststroke
 - ♦ Butterfly (15 yards)
 - ♦ Back Crawl
 - ♦ Sidestroke
 - ♦ Elementary Backstroke

What to Expect:

- ♦ In water teachings
- ♦ Teaching Techniques for each stroke
- ♦ Stroke Decomposition and Refinement
- ♦ Online coursework

To Succeed:

- ♦ Participate in all scheduled meetings
- ♦ Finish online assignments before next class
- ♦ Get at least an 80% on final exam
- ♦ Pass all practice teaching assignment

Price:

The course and certification will be **\$325**

Registration:

Registration is open at the front desk
now until **May 1st**.

Dates and Time:

5/22, 5/26, 5/27, 5/28, 5/29,
6/1, 6/2, 6/3, 6/4 & 6/5

5:00 pm to 8:00 pm

Contact Info:

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Subject: WSI Course