

Nassau County Aquatics Center

Water Safety Instructor Course

Prerequisites:

- ◆ Be at least 16 years of age before the final scheduled lesson
- ◆ Tread water for 1 minute
- ◆ 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**

Dates and Time:

Pretest: 3/6 11:30 am to 12:45 pm

3/21, 3/27, 3/28 & 4/3 10:00 am to 5:00 pm

Registration:

Email Rob (listed below) and register for the Pretest front desk before **March 2nd, 2021**.

A personal email and phone number is required.

Contact Info:

RSmith1@nassaucountyny.gov

Subject: WSI Course