

Aquatic Programs

Water Safety Instructor Training

Course length: 30 hours

Tuesdays & Saturdays

Feb. 21 - Mar. 3

If you're at least 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor (WSI).

Learn to teach children and adults to swim, give water safety presentations, and make a difference in someone's life!

Prerequisites:

- Must be at least 16 by the completion of the class
- Successfully demonstrate swimming the following strokes: Front Crawl (25 yards), Backstroke (25 yards), Breaststroke (25 yards), Sidestroke (25 yards), Butterfly (demonstrate)
- Maintain position on back for 1 minute in deep water (floating or sculling). Tread water for 1 minute

Dates and Times:

Tuesday, Feb. 21	6:00-9:00 pm
Saturday, Feb 25	10:00 am – 5:00 pm
Tuesday, Feb 28	6:00 – 9:00 pm
Saturday, Mar 3	10:00 am – 5:00 pm
Tuesday, Mar 6	6:00 – 9:00 pm
Saturday, Mar 10	10:00 am – 5:00 pm
Tuesday, Mar 13	6:00 – 9:00 pm

Cost:

Program – \$240
Resident - \$210
Member - \$180

Class price includes all class materials and 2 year Water Safety Instructor Certification. Must attend every session at the times listed. Attendance in the course does not guarantee WSI certification or employment. Candidates must pass written and practical exams.

Contact John Doyle, Aquatics Coordinator, at 330.468.8372 for more information.



American Red Cross

Lifeguard Training

Course length: 32 hours

April 9 – 13, 2012

9:00 am - 4:00 pm

If you're 15 or older and looking for a great part-time job or challenging career that's in demand, the Red Cross Lifeguarding program is the place to start. Through videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED.

Prerequisites:

- Candidates must be 15 years of age by the completion of the class.
- Candidates must swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke using a pull, breath, kick and glide sequence; 100 yards of either the front crawl or breaststroke. The third 100 yards may be a combination of front crawl or breaststroke. (Note: There is no time requirement for this skill.)
- Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point while maintaining two hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Cost:

Program - \$210
Resident - \$180
Member - \$150

Class price includes all class materials, CPR mask, 3 year Lifeguarding and First Aid certification, and 2 year CPR/AED Certifications. Must attend every session at the times listed. Attendance in the course does not guarantee lifeguard certification or employment. Candidates must pass written and practical exams.

Contact John Doyle, Aquatics Coordinator, at 330.468.8372 for more information.