

# 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
- ◆ Stroke Decomposition and Refinement
- ◆ Teaching Techniques for each stroke
- ◆ Online coursework

### To Succeed:

- ◆ Participate in all scheduled meetings
- ◆ Get at least an 80% on final exam
- ◆ Finish online assignments before next class
- ◆ 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:

[RSmith1@nassaucountyny.gov](mailto:RSmith1@nassaucountyny.gov)

Subject: WSI Course