

# 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 cost for the course, books and certification is **\$325**.

### Dates and Time:

Dates:	Start Time:	End Time:
9/26	12:00 PM	4:00 PM
10/2	11:00 AM	6:00 PM
10/9	11:00 AM	6:00 PM
10/10	11:00 AM	6:00 PM
10/16	2:00 PM	6:00 PM

### Registration:

Email Rob with an candidates name, email and phone number before **September 22nd, 2021**.

Payment will be due after pre-course but before classroom session on first day.

### Contact Info:

RSmith1@nassaucountyny.gov

Subject: WSI Course