



## Water Safety Instructor Course at Noble and Greenough School

The purpose of this course is to train instructor candidates to teach the Learn-to-Swim levels 1 through 6, Parent and Child Aquatics, and Water Safety Outreach.

To enroll in the Water Safety Instructor Course you must be 16 years of age on or before the last scheduled class. **To participate in the course you must demonstrate on the first day of class the following skills:**

- Swim the following strokes consistent with Stroke Performance Charts, Level four (4):
  - Front crawl (also known as freestyle)- 25 yards
  - Back crawl - 25 yards
  - Breaststroke - 25 yards
  - Elementary backstroke - 25 yards
  - Sidestroke - 25 yards
  - Butterfly - 15 yards
- Maintain position on back 1 minute in deep water (floating or sculling).
- Tread water for one minute

**Date:** Monday, June 9, 2008 – Friday June 13, 2008  
**Time:** 9 a.m. – 4 p.m.  
**Fee:** \$285.00 (includes all American Red Cross books and materials)  
**For More Info:** Hale Office 781-326-1770

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### WSI REGISTRATION FORM

Please return form to: Hale Reservation, 80 Carby Street, Westwood, MA 02090

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ email: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18: Signature of Parent/Guardian: \_\_\_\_\_

Please include payment for \$285.00 with this registration. **Checks should be made payable to Hale Reservation.**