



**American Red Cross Water Safety Instructor Course – TWO**

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 13, 2011 – Friday June 17, 2011

**Time:** 12 noon – 8 p.m.

**Fee:** \$330.00 (includes all American Red Cross books and materials)

**Venue:** The course will be held at Noble and Greenough School, 10 Campus Drive, Dedham, MA 02026.

**For More Info:** Hale Main Office 781-326-1770

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**WATER SAFETY INSTRUCTOR REGISTRATION FORM – TWO (June 13 – 17)**

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 \$330.00 with this registration. Checks payable to Hale Reservation.

Method of payment: Check # _____ Amount \$ _____
Date received: _____