

2019 WATER SAFETY INSTRUCTOR COURSE INFORMATION

Rocky Hill Parks and Recreation Department

Pre-course session: Wednesday, May 29
Swim test will be given. All participants **MUST** pass the pre course session to continue with the course. If student is unable to pass, a full refund will be given. Must register with the Red Cross and take online session prior to May 29. Details will be provided.

Class dates:

1. Wednesday, May 29
2. Thursday, May 30
3. Thursday, June 6
4. Saturday, June 8 (9am-12noon)
5. Monday, June 10
6. Tuesday, June 11
7. Thursday, June 13
8. Wednesday, June 19
9. Thursday, June 20
10. Monday, June 24

All classes meet from 3:00-5:30pm except for June 8

LOCATION: Rocky Hill High School pool and classroom

CERTIFICATION REQUIREMENTS: Must be age 16 and up. Must complete the online session, the pre-course session, attend and participate in all course sessions, complete practice teaching assignments and pass final written exam.
Attendance is mandatory at all sessions.

FEE:

Rocky Hill residents	\$175.00 (free for current staff)
Non-residents	\$200.00
Red Cross fee	\$35 payable online--Must register with Red Cross and take online session prior to May 29. Details will be provided.

REGISTRATION: Can be done online at www.rockyhillct.gov/parkrec, in person or by calling the Parks and Recreation Office at 860-258-2772.
Maximum 6

INFORMATION: Livia Jacobs, WSIT
Aquatics Director/Recreation Supervisor
Rocky Hill Parks and Recreation Dept.
(860)-258-2784-phone
ljacobs@rockyhillct.gov

WSI COURSE OUTLINE:

Wednesday, May 29

Pre-course session

Class and pool: Course overview and swim test; hand out books

Reading Assignments:

- Complete online orientation to the Swimming and Water Safety program
- Read chapters 1, 4, and 10, *Water Safety Instructor's Manual*
- Read chapters 1, 2, and 3, *Swimming and Water Safety*
- Review *Longfellow's WHALE Tales K-6 Educational Packet*

Lesson 1

Classroom: Orientation to course materials, planning & preparing to teach, teaching water safety

Pool: Water safety skills, stroke observation

Reading Assignments:

- Read chapters 2 and 6, *WSI Manual*
- Review Stroke Performance Charts, Front Crawl
- Read Front Crawl section, chapter 6, *S & WS*
- Read chapter 9, *S & WS*
- Read drills and games on the WSI candidate's page on Instructor's Corner

Thursday, May 30

Lesson 2

Class: Development & learning, teaching strategies, practice teaching overview and assignments, front crawl

Pool: Practice teaching demo, stroke practice-front crawl, teaching progressions front and back crawl

Reading assignments:

- Read chapters 3, 5, 7, and 8, *WSI Manual*
- Review Stroke Performance Charts, Back Crawl
- Read Back Crawl section, chapter 6, *S & WS*

Thursday, June 6

Lesson 3

Class: Holding and support techniques, Parent and Child aquatics, back crawl

Pool: Parent/child aquatic skills, stroke practice-back crawl

Reading assignments:

- Read chapter 8, *WSI Manual*
- Review Stroke Performance Charts, Breaststroke
- Read chapter 4, *S & WS*
- Read Breaststroke section, chapter 6, *S & WS*

Saturday, June 8

Lesson 4

Class: Preschool Aquatics, Recording & tracking progress, breaststroke
Pool: Hydrodynamic principles, holding and support positions, basic aquatic skills, stroke practice-breaststroke

Reading assignments:

- Read chapter 9, *WSI Manual*
- Review Stroke Performance Charts, Butterfly
- Read Butterfly section, chapter 6, *S & WS*
- Prepare for PT 1

Monday, June 10

Lesson 5

Class: Learn to Swim program, butterfly

Pool: Reciprocal practice, practice teaching 1, stroke practice-butterfly

Reading assignments:

- Read chapter 9, Level 5-6 Stroke Performance Charts, *WSI Manual*
- Review Stroke Performance Charts, Elementary Backstroke
- Read Elementary Backstroke section, chapter 6, *S & WS*
- Prepare for PT 2

Tuesday, June 11

Lesson 6

Class: Learn to Swim levels 5-6, teaching students at different levels, elementary backstroke

Pool: Practice teaching 2, stroke practice-elementary backstroke

Reading assignments:

- Review LTS Level 6, Fund. Of Diving, chapter 9, *WSI Manual*
- Review Stroke Performance Charts, Sidestroke
- Read chapter 7, *S & WS*
- Read Sidestroke section, chapter 6, *S & WS*
- Prepare for PT 3

Thursday, June 13

Lesson 7

Class: Teaching starts & turns, sidestroke

Pool: Progressions for starts & turns, practice teaching 3, stroke practice-sidestroke

Reading assignments:

- Read the Adults section, chapter 5, *WSI Manual*
- Read chapter 8, *S & WS*
- Review chapter 9, *S & WS*
- Review Longfellow's WHALE Tales K- Educational Packet
- Prepare for mini practice teaching assignment

Wednesday, June 19

Lesson 8

Class: Longfellow's WHALE Tales, adult swim lessons, teaching diving from board

Pool: diving progressions, teaching techniques

Reading assignments:

- Review chapter 1, *WSI Manual*
- Read chapter 12, *WSI Manual*
- Prepare for PT 4
- Prepare for mini practice teaching assignment

Thursday, June 20

Lesson 9

Class: Review practice teaching

Pool: practice teaching 4, teaching techniques

Monday, June 24

Lesson 10

Class: Course review, Red Cross policies and procedures, and written exam

Please bring your books, pen/pencil, bathing suit and towels to every class. I would suggest you bring a sweatshirt and extra towel for the pool deck.

ATTENDANCE IS MANDATORY AT ALL SESSIONS.