



# AMERICAN RED CROSS WATER SAFETY INSTRUCTION COURSE

The Water Safety Instruction Course will be taught to American Red Cross Standards, and will provide you with everything you need to be an American Red Cross Swim Instructor.

- Learn-to-Swim Levels 1-6
- Parent and Child Aquatics
- Basic Water Rescue
- Water Safety Rescue
- Longfellow's Whales Tales
- Teaching Techniques

- Class Organization
- Teaching Starts and Flip Turns
- Teaching Dives from a Spring Board
- Jr. Lifeguarding
- Customizing for Adults and Individuals with Disabilities

Participants must be 16 years of age or older, Must be able to swim and Demonstrate the Following Strokes:

- 25 yards Front Crawl
- 25 yards Back Crawl
- 25 yards Breaststroke
- 25 yards Elementary Backstroke
- 25 yards Sidestroke
- 15 yards of Butterfly

## Cost:

Employees	\$250
Members	\$275
Nonmembers	\$300

Register at The Alaska Club East front desk, or contact Jeanette Hatten at 330-1151.

## Dates & Times:

- 2 June 1-7pm
- 3 June 11am-7pm
- 4 June 11am-7pm
- 5 June 1-7pm
- 6 June 11am-7pm



THE ALASKA CLUB