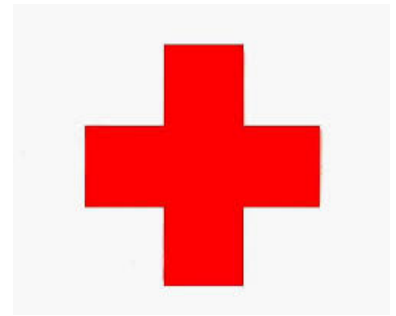




American Red Cross

Water Safety Instructor Classes



If you are at least 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. This approximately 30-hour course will help you teach skills that may save a life, gain terrific work experience as an aquatics professional, earn money or join a volunteer team while you help people learn valuable skills. In addition you will learn organizational and presentation skills that will help you in any career and make a difference in people's lives. Whether you want to splash around with kids and teach them to swim, help children and adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor.

Pre-requisites:

Minimum age of 16. Fundamentals of Instructor Training Course (FIT).
 Demonstrate swimming skills by swimming the following strokes:

- Front Crawl - 25 yards
- Back Crawl - 25 yards
- Breaststroke - 25 yards
- Elementary backstroke - 25 yards
- Sidestroke - 25 yards
- Butterfly - 15 yards
- Maintain position on back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute

**Resident
Cost:
\$200**

**Non-Resident
Cost:
\$225**

Class Information

Class Dates & Times

- Sun March 4: 11:00-5:00**
- Sat March 10: 8:00-2:00**
- Sun March 11: 11:00-5:00**
- Sun March 18: 11:00-5:00**

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

Any Questions Contact 592-1076 Mail/Drop Off Form to: CREW Attn: Heidi Endres 1100 Sauk St Lodi, WI 53555	Participants Name: _____ Phone _____ Email _____ Method of Payment: \$200 (Resident/\$225 Non-Resident) <input type="checkbox"/> Check (make payable to Lodi Schools) <input type="checkbox"/> Cash (drop off only)	Parent Name _____ Address _____ Emergency Phone & Name _____ Signature _____
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