American Red Cross Water Safety Instructors Course

If you're at least 16 years old and a proficient swimmer, you can become an American Red Cross Water Safety Instructor. Learn to teach children and adults safety, survival and swimming skills, and teach your community about water safety. It is fun and you'll develop valuable teaching and leadership skills. To enroll in the Water Safety Instructors Course, you must be at least 16 years of age before the completion of the last scheduled class session and must successfully complete the Water Safety Instructors Pre-Course Skill Session.

The Water Safety Instructors Pre-Course Skill Session consists of:

- Swim the following strokes consistent with the Level 4 guidelines of the American Red Cross Learn-To-Swim Program
  - 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

Registration

Registration forms are due no later than one week prior to the pre course skill session. Registrations must be submitted with a $75.00 nonrefundable deposit. Payments should be made payable to MCCS 120. Forms may be obtained online or by contacting the Quantico 50M Pool at quanticoaquatics@usmc-mccs.org or 703-784-2975.

Course Fees

$225.00 DoD Eligible — $275.00 General Public

Minimum Participants: 5 — Maximum Participants: 10

Schedule of Water Safety Instructor Courses

Additional courses may be added, please visit our web page. All sessions held at the Quantico 50M Pool.

May Session

Pre-Course Screening: 11 May, 1600
Course held: 20 May, 1200-1830;
21-25 May, 1600-2030; 29-31 May, 1600-2030

July Session

Pre-Course Screening: 29 June, 1800
Course held: 2-6 July, 0900-1800