

The Village of Hastings on Hudson Recreation Department



American Red Cross Water Safety Instructor Course

Trains instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches) and Water Safety Presentations.

Pre-requisites:

Must be at least 16 years old on or before the last day of the Instructor Course.

Demonstrate the ability to perform the following swimming skills:

- Swim the following strokes consistent with the ARC Level 4 performance criteria – front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly;
- Maintain position on back for 1 minute in deep water (floating or sculling);
- Tread water for 1 minute.

Certification Requirements:

To become certified as a Water Safety Instructor, instructor candidates must: Successfully complete the Precourse Session; attend and actively participate in all course sessions; successfully complete all ONLINE simulation training (approximately 7 hours); successfully complete class activities, including the required practice teaching assignments; score a minimum of 80% on the final written exam.

Training Dates/Times: June 27, 28, 29, 30 and July 1 (8:00am – 1:30pm)

Locations: Chemka Pool (1 Chemka Pool Road) & James Harmon Community Center (44 Main St) Hastings NY 10706 (locations are walking distance from each other)
Note: a portion of one session date will be held at a Westchester facility for diving, TBD.

Registration:

Confirm registration 7 days prior to start date to ensure student receives pre-course materials to complete assignments due on Day 1 of training.

Registration fee: Residents: \$450.00 Non-Residents: \$500.00

For those who do not pass the pre-requisite swim skills evaluation, registration fee will be refunded.

Additional \$35 (non-refundable) fee paid directly to the Red Cross when enrolling in the online simulation training. Directions to access the online simulation will be sent after registering with the Recreation Dept.

Register online or at the Recreation Dept - James Harmon Community Center, 44 Main St Hastings

For further information, or to access online registration, visit:

<http://www.hastingsgov.org/recreation-department>

or call the Recreation Department at 914-478-2380

Village of Hastings-on-Hudson Recreation Department

REGISTRATION FORM

Name: _____ **Sex:** M _____ F _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

D.O.B: ____/____/____

Home Phone #: (____) _____ **Cell Phone #:** (____) _____

Email Address: _____

Name of Program Registering For: _____

Emergency Contact: _____

Relationship: _____ **Phone #:** (____) _____

In consideration of your accepting this registration form, I the undersigned, for executors, my administrators, assignees and myself, do hereby discharge the Hastings-on-Hudson Recreation Department, all its sponsors, organizers, and their representatives and successors from all claims of damage demands, action and causes of actions whatsoever, in any manner arising or growing out of my participation in said program. I further attest that I am physically qualified to participate in the program.

Signature: _____ **Date:** _____

For Office Use ONLY:

Payment Rec'd: _____ **Date:** _____ **Initials:** _____