



# WATER SAFETY INSTRUCTOR

AQUA CREST POOL

2503 Seacrest Blvd, Delray Beach, FL 33444

**Dates: May 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>, 2020**

**Time: 9:00 am-5:00 pm | Cost: \$400**

**Candidates must complete online component - Orientation to the ARC Swimming and Diving as well as all prerequisites to ensure class participation.**

**Please contact Paul for web link.**

## Purpose

**To train instructor candidates to teach water safety, including the Basic Water Rescue and personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics.**

## Prerequisites

- **Must be at least 16 years of age on or before the final scheduled lesson of this course**
- **Have successfully completed the online registration portion of this course**
- **Demonstrate the ability to perform the following swimming skills:**
  - Swim the following strokes consistent with the ARC swimming Level 4**
  - 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**

**Contact: Paul, 561-278-7104 | [PMilne@pbcgov.org](mailto:PMilne@pbcgov.org)**



Palm Beach County Board of County Commissioners  
Dave Kerner, Mayor, Robert S. Weinroth, Vice Mayor, Hal R. Valeche  
Gregg K. Weiss, Mary Lou Berger, Melissa McKinlay, Mack Bernard

Verdenia C. Baker, County Administrator

