

Desiree Crosier
Aquatic Manager
Cheyenne Aquatic Center
931 Martin Esquibel Dr
Cheyenne, Wy 82001



WSI class candidates:

My name is Desiree Crosier, and I will be the Trainer for the upcoming WSI class. I am excited for this class to begin, and I have detailed below some important information for you to have prior to the beginning of class. This letter contains the prerequisites for the course, requirements for certification, items to bring to class every day, and the WSI class schedule.

The cost of this course is \$250.00. This includes all manuals, books, and ARC certificate.

The course prerequisites are as follows:

- Participants must be at least 16 years of age
- All swimming skills be consistent with a level 4 of the stroke performance charts.
- Swim 25 yards (meters) each of the front crawl, back crawl, breaststroke, elementary backstroke, and side stroke.
- Swim 15 yards (meters) of the butterfly.
- Maintain position on back for 1 minute in deep water.
- Tread water for 1 minute.

Requirements for certification are listed below:

- Attend all Class Sessions and complete ALL online course assignments.
- Complete class activities, including the four practice-teaching assignments, and 1 mini lesson.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all practice teaching activities.

For each class session, you should bring a swimsuit, towel, goggles, paper, and writing utensil. The course cost includes a *Water Safety Instructor Manual and Swimming and Water Safety book* that should also be brought to each class.

The following class schedule is a rough outline. The dates and times will remain the same, but the exact topics being covered are likely to change based on the speed of the class.

We will meet each day in the Storage Room/Classroom at the CAC. If you have any questions please feel free to contact me at 307-637-6456 or dcrosier@cheyennecity.org

NOTE:

You may or may not be familiar with the concept of *Teach to the standard; test to the objective*. This is a critical component of any basic-level course that the Red Cross offers. As you will be participating in an

Instructor-Level course, your skills *must* be to standard. As someone who intends to teach others, your skills are required to be standard. If your skills are not at the Red Cross standard, you will not be able to continue in the class. Meeting the objective is not enough to be considered an instructor for the American Red Cross.

Directions for Online Learning/Registration

Step 1:

Register for the course by May 31, 2021. Please provide a good email at the time of registration. Your online course work will be sent to that email address.

Step 2:

Complete all required online course work from the link sent to you via email from the American Red Cross Learning Center. Desiree will check your progress online. The online course is mandatory.

If you need assistance accessing the online session, please contact the American Red Cross Training Support Center at 1-800-RED CROSS (1-800-733-2767).

As you complete the online lessons, please print a Round of Completion Sheet at the end of each lesson. Bring the Round Completion Sheet to each on-site skills session to verify completion of the online lessons.

I have attached a course syllabus for your reference. As you complete the online lessons, please print a progress report from the Main Menu page of the online course. Bring a progress report to the first day of the course. Please note that you need to complete the online course work scheduled for each day before the start of the course. This is a rigorous course, so it is imperative you stay ahead on the online course work to be successful.

Thank you,



Desiree Crosier

Aquatic Manager, WSIT, LGIT

Cheyenne Aquatic Center

**City of Cheyenne Aquatics Division
American Water Safety Instructor Training
Course Schedule and Homework Assignments**

Session	Date	Hours	Time	Location
Pre-course Session	Wednesday June 9, 2021	1.0	8-9am	Aquatic Center

You must attend the pre-course. Pre-Course consists of demonstrating swimming skills consistent with a level 4 of the stroke performance charts by swimming 25 yards each of the front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke and 15 yards of the butterfly. Maintain position on back for 1 minute in deep water, and treading water for 1 minute.

Lesson 1-4	Wednesday June 9, 2021	8.0	9am-5pm	Aquatic Center
-------------------	-------------------------------	------------	----------------	-----------------------

1. *Class intro, Planning and preparing to teach, teaching water safety, making good decisions, prep for skills sessions and assignment, water safety skills.*
2. *Review, development and learning, teaching strategies, planning lessons, practice teaching overview and assignments, refining the front crawl, prep for skills session, model practice teaching demo, stroke practice front crawl, common teaching progressions: front and back crawl.*
3. *Review, holding and support techniques, overview of parent and child, refining back crawl, observations of for assessment, prep for skills session, parent child skills, teaching parent child skills, stroke practice back crawl, reciprocal practice front and back crawl*
4. *Review, evaluation, overview of preschool, recording and tracking progress, refining the backstroke, prep for skills, experimenting with hydrodynamic principles, holding and support positions, stroke practice breaststroke.*

Lesson 5-8	Thursday June 10, 2021	8.0	8am-5pm	Aquatic Center
-------------------	-------------------------------	------------	----------------	-----------------------

5. *Review, evaluation, overview of preschool, recording and tracking progress, refining the backstroke, prep for skills, experimenting with hydrodynamic principles, holding and support positions, stroke practice breaststroke.*
6. *Overview of learn to swim levels 1-4, managing participants at different levels, refining the butterfly, prep for skills, reciprocal practice front and back crawl and breaststroke, **practice teaching 1**, stroke practice butterfly.*
7. *Learn to swim levels 5 and 6, teaching people who move, learn, communicate, and behave differently, refining the elementary backstroke, prep for skills, **practice teaching 2**, making accommodations for inclusion exercise, stroke practice elementary backstroke*
8. *Review, teaching starts, teaching turns, refining sidestroke, prep for skills, progressions for starts, progressions for turns, **practice teaching 3 (1 of 2)**, stroke practice sidestroke, reciprocal practice butterfly, elem. Backstroke, sidestroke.*

Lesson 9-10

Friday June 11, 2021

8.0

8am-5pm

Aquatic Center

9. Review, teaching starts, teaching turns, refining sidestroke, prep for skills, progressions for starts, progressions for turns, **practice teaching 3 (1 of 2)**, stroke practice sidestroke, reciprocal practice butterfly, elem. Backstroke, sidestroke.
10. Longfellow's whale tales, overview of adult swim, working with adults, managing behavior, teaching diving from a diving board, prep for skills, diving progressions, **practice teaching 3 (2 of 2)**, teaching techniques front and back crawl and breaststroke
11. Review, reviewing practice teaching, teaching private lessons, prep for skills, **practice teaching 4**, teaching techniques butterfly, elementary backstroke, and sidestroke
12. Course Review, ARC admin policies and procedures, ARC awards, staying informed, **final written exam**

We will take breaks as needed as well as a lunch break. Plan to bring food with you as we may do quick lunches to have more skills practice if needed.

*****Schedule can change during the class and is an estimation of what time we will need. *****

***** Full Attendance is required to pass the course. *****

Age Requirement:

To be certified by the American Red Cross participants must be 16 years old before completion of the class. Participants may be asked to prove their age at the pre-course: driver's license and or birth certificate are valid for proving age.

Employment:

The City of Cheyenne Recreation and Aquatics Division is hiring certified Water Safety Instructors. The starting wage for WSI's is \$12.50 an hour. Applications can be found online at cheyennecity.org.