

2026 Red Cross Water Safety Instructor Class
Spring Session: May 19 to May 30, 2026
Heise Hot Springs, Ririe, ID
Attendance at ALL WSI Classes is MANDATORY
There are no make-up lessons for this class

Class One – Tuesday, May 19

6:00pm – 9:30pm

Welcome and Introduction

Prerequisite skills test

Planning and Preparing to Teach

Reading assignment: WSIM Chapters 1, 4, 10;

SWS Chapters 1, 2, 3

Class Two – Thursday, May 21

6:00pm - 9:30pm

Development and learning, Planning lessons,

Water safety skills

Reading assignment: WSIM Chapters 2, 3, 5, 6,
7, 8; SWS 6 & 9

Review Stroke Performance Charts

Class Three – Saturday, May 23

8:00am - 5:00pm (Lunch around Noon)

Overview of parent and child aquatics,

Preschool aquatics, Learn to Swim 1-5

Practice Teaching Assignment 1

Reading assignment: WSIM Chapters 5, 8, 9;
SWS 4, 5, 7

Class Four – Tuesday, May 26

6:00pm - 9:30pm

Learn to Swim 5-6, Stroke practice

Reading assignment – SWS Chapters 8 & 9

Practice Teaching Assignment 2

Class Five – Thursday, May 28

6:00pm – 9:30pm

Teaching people who move, learn,
communicate or behave differently, Starts and
turns, Making accommodations

Reading assignment: WSIM Chapter 1 & 12,

Review readings and skills as needed

Practice Teaching Assignment 3 (1/2)

Class Six – Saturday, May 30

8:00am – 5:00pm (Lunch around Noon)

WHALE Tales, Working with adults, Diving,
Conclusion

Practice Teaching Assignment 3 (2/2)

Practice Teaching Assignment 4

Mini Practice Teaching Assignments

Review readings and skills as needed

WRITTEN EXAM: WSI Instructor Exam

Instructor candidates must participate in all classes to complete the course. Bring a one-piece bathing suit, towel, swim goggles (optional), manuals, pen and paper to all classes. In order to receive certification, candidates must pass 100% of skills, complete all practice teaching assignments and score 80% or higher on the written exam. Absences will result in non-completion of the course and no certificate will be given. Candidates must complete the reading assignments and teaching preparation before each class. Failure to complete homework assignments before each class will result in you being dropped from the course.

WSIM – Water Safety Instructor's Manual
SWS – Swimming and Water Safety Manual

2/16/2026

Water Safety Instructor Course Outline

CLASS 1

Welcome. Verify age. Prerequisite swimming skills evaluation:

- Swim 25 yards each front crawl, back crawl, breaststroke, sidestroke and elementary backstroke and 15 yards butterfly. Must meet or exceed the Level 4 Stroke Performance criteria.
- Maintain position on your back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute

Orienting to the American Red Cross Swimming and Water safety program and materials. Planning and preparing to teach. Teaching water safety. Making good safety decisions.

CLASS 2

Water safety skills. Development and learning. Teaching strategies. Planning lessons. Practice teaching overview and assignments. Refining the front crawl. Model practice teaching demonstration. Stroke practice-front crawl.

CLASS 3

Common teaching progressions - front crawl and back crawl. Holding and support techniques. Overview of Parent and Child Aquatics. Refining the back crawl. Observation for assessment. Parent and child aquatic skills. Teaching parent and child aquatic skills. Stroke practice - back crawl. Reciprocal practice-front crawl and back crawl. Evaluation. Overview of Preschool Aquatics. Recording and tracking progress. Refining the breaststroke. Experimenting with Hydrodynamic Principles. Overview of Learn-to-Swim Levels 1-4. Managing participants at different levels. Refining the butterfly. **Practice teaching assignment #1.**

CLASS 4

Stroke practice-butterfly. Reciprocal practice - front crawl, back crawl, and breaststroke.. Holding and support positions and basic aquatic skills. Stroke practice –breaststroke. Learn-to-swim Levels 5 and 6. **Practice teaching assignment #2.**

CLASS 5

Making accommodations for inclusion exercise. Stroke practice-elementary backstroke. Teaching people who move, learn, communicate, or behave differently. Refining the elementary backstroke. Teaching starts. Teaching turns. Refining the sidestroke. Progressions for starts. Progressions for turns. **Practice teaching assignment #3 (1/2).**

CLASS 6

Teaching techniques - front crawl, back crawl, and breaststroke. Stroke practice-sidestroke. Reciprocal practice-butterfly, elementary backstroke and sidestroke. Starts from a starting block. Longfellow's WHALE tales. Overview of Adult Swim. Working with adults. Managing behavior. Teaching diving from a diving board. Diving progressions. Reviewing practice teaching experiences. Teaching private lessons. Teaching techniques – butterfly, elementary backstroke and sidestroke. **Practice teaching assignment #3 (2/2).** Mini Practice Teaching Assignments Course review. American Red Cross administrative policies and procedures. American Red Cross awards. Staying informed. **Practice teaching assignment #4.**
****Final written exam****