

2025 Red Cross Water Safety Instructor Class

Summer Session: June 2-7, 2025

Salmon City Pool, Salmon, ID

Attendance at ALL WSI Classes is MANDATORY - There are no make-up lessons for this class

Pre-Course Assignments

Reading Assignment: WSIM Chapters 1, 4 & 10;
SWS Chapters 1, 2, 3
Complete Online Orientation to Swimming and Water Safety Program

Class One – Monday, June 2

1:00p – 6:00p

Welcome and Introduction to the Course

Prerequisite Skills Test

Assignments:

WSIM - Read Chapters 2 (Promoting Effective Learning), 3 (Holding and Support Techniques) 5 (Infants and Young Children), 6 (Teaching People Who Move, Learn, Communicate or Behave Differently), 7 (Parent and Child Aquatics), 8 (Preschool Aquatics)
SWS - Read Chapters 6 (Basic Swimming Strokes: Front Crawl and Back Crawl), 9 (Aquatics for People with Disabilities or Health Conditions)
Review SPC - Front Crawl and Back Crawl

Class Two – Tuesday, June 3

1:00p – 6:00p

Assignments:

WSIM - Read Chapters 8 (Preschool Aquatics), 9 (Learn to Swim), 5 (School-Age Children)
SWS - Read Chapters 4 (Underwater Hydrodynamic Principles), 5 (Basic Aquatic Skills) 6 (Basic Swimming Skills: Breaststroke and Butterfly)
Review SPC - Breaststroke and Butterfly
Prepare Practice Teaching Assignment 1

Class Six – Saturday, June 7

1:00p – 6:00p

WRITTEN EXAM: WSI Instructor Exam – If class is ahead, this test may be given on Friday

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. 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

Class Three – Wednesday, June 4

1:00p – 6:00p

Assignments:

WSIM - Read Chapters 9 (Level 5 and 6 Stroke Performance Charts), 6 (Teaching People Who Move, Learn, Communicate or Behave Differently), 9 (Fundamentals of Diving)
SWS - Read Chapters 6 (Basic Swimming Stroke - Elementary Backstroke and Sidestroke), 7 (Entries and Turns), 9 (Aquatics for People with Disabilities or Health Conditions)
Review SPC - Elementary Backstroke and Sidestroke

Prepare Practice Teaching Assignment 2

Class Four – Thursday, June 5

1:00p – 6:00p

Assignment:

WSIM - Read Chapters 5 (Teaching People of Different Ages - Adults), Review Chapter 1 (General Program Administration), 12 (Recognizing and Rewarding Achievement)
SWS - Read Chapters 8 (Diving), Review Chapter 9 (Aquatics for People with Disabilities or Health Conditions)
Review Longfellow's WHALE Tales
Prepare Practice Teaching Assignment 3 & 4

Class Five – Friday, June 6

1:00p – 6:00p

Assignment:

Prepare for Written Exam
Review readings and skills as needed

SPC – Stroke Performance Charts

(Updated - 5/25/2025)

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. Water safety skills. Development and learning.

Class 2

Teaching strategies. Planning lessons. Practice teaching overview and assignments. Refining the front crawl. Model practice teaching demonstration. Stroke practice-front crawl. 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.

CLASS 3

Evaluation. Overview of Preschool Aquatics. Recording and tracking progress. Refining the breaststroke. Experimenting with Hydrodynamic Principles. Holding and support positions and basic aquatic skills. Stroke practice –breaststroke. Overview of Learn-to-Swim Levels 1-4. Managing participants at different levels. Refining the butterfly. Reciprocal practice - front crawl, back crawl, and breaststroke. Stroke practice-butterfly.

Practice teaching assignment #1.

CLASS 4

Learn-to-swim Levels 5 and 6. Teaching people who move, learn, communicate, or behave differently. Refining the elementary backstroke. Making accommodations for inclusion exercise. Stroke practice-elementary backstroke.

Teaching starts. Teaching turns. Refining the sidestroke. Progressions for starts. Progressions for turns. Stroke practice-sidestroke. Reciprocal practice-butterfly, elementary backstroke and sidestroke. Starts from a starting block.

Practice teaching assignment #2.

CLASS 5

Longfellow's WHALE tales. Overview of Adult Swim. Working with adults. Managing behavior. Teaching diving from a diving board. Diving progressions. Teaching techniques - front crawl, back crawl, and breaststroke. Reviewing practice teaching experiences. Teaching private lessons. Teaching techniques – butterfly, elementary backstroke and sidestroke.

Practice teaching assignment #3 & 4.

Mini Practice Teaching Assignments

CLASS 6

Course review. American Red Cross administrative policies and procedures. American Red Cross awards. Staying informed.

****Final written exam****

Final Skills Assessment