



Aquatic Division
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Austin, TX, 78705
512-974-9330
aquaticsoffice@austintexas.gov



INSTRUCTOR COURSE SCHEDULES 2015

LIFEGUARD INSTRUCTOR COURSE SCHEDULES

The purpose of the instructor course is to train instructor candidates to teach the American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterpark skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training courses and/or modules.

Students are required to perform the course prerequisite skills tests (listed below) upon arriving for the first class. Students must also be able to attend all dates listed per course to fulfill the completion requirements.

Course prerequisites include:

- ◆ Be at least 17 years of age on or before the final scheduled class session
- ◆ Successfully demonstrate the following skills:
 - ◆ Pass an online session which consists of an orientation to the American Red Cross and Lifeguarding Instructor Course
 - ◆ Swim 300 yards while demonstrating continuous breath control & rhythmic breathing:
 - Candidates may swim using the front crawl, breaststroke or a combination of both
 - ◆ Perform the following sequence of skills within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards using front crawl or breaststroke
 - Surface dive 7—10 feet
 - Retrieve a 10-pound object and return to the surface
 - Swim 20 yards back to the starting point with the object
 - Exit the water without using a ladder or steps
 - ◆ Tread water for two minutes using legs only
 - ◆ Rescue scenarios to include:
 - Primary assessment
 - CPR/AED
 - Head/neck/back injury
 - Active victim rescue
 - Submerged victim rescue
 - Two-person removal using a backboard
- ◆ Download/print required instructor's and participant's manuals

Course Schedule:

Course Code	Dates	Times	Location	Fee
LGI 1	October 6—10, 2014	9:00am—3:00pm	Stacy Pool	\$100.00
LGI 2	January 5—9, 2015	9:00am—3:00pm	Stacy Pool	\$100.00
LGI 3	May 18—22, 2015	9:00am—3:00pm	Martin Pool	\$100.00

Registration:

- ◆ Registrations are accepted at the Aquatic Office, Monday—Friday from 8:00am—5:00pm (excluding holidays)
- ◆ Due to limited slots, registrations are reserved for students working for the City of Austin Parks and Recreation Department, Aquatic Division
- ◆ A \$5.00 transfer fee or a \$10.00 cancellation fee are applicable for any registration changes

If you have any additional questions regarding the lifeguard instructor course, please contact the aquatic office at 512-974-9330 or aquatics.office@austintexas.gov

WATER SAFETY INSTRUCTOR COURSE SCHEDULES

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Students are required to perform the course prerequisite skills tests (listed below) upon arriving to the first class. Students must also be able to attend all dates listed per course to fulfill the completion requirements.

Course prerequisites include:

- ◆ Be at least 16 years of age on or before the final scheduled class session
- ◆ Successfully demonstrate the following skills (as defined by the stroke performance chart for level 4):
 - ◆ Swim 25 yards of the following strokes:
 - Front Crawl (Freestyle)
 - Back Crawl (Backstroke)
 - Breaststroke
 - Elementary Backstroke
 - Sidestroke
 - ◆ Swim 15 yards Butterfly
 - ◆ Maintain a position on your back (floating or sculling) for 1 minutes in deep water
 - ◆ Tread water for 1 minute

Course Schedule:

Course Code	Dates	Days Class Meets	Times	Location	Fee
WSI 1	March 16—20, 2015	Monday—Friday	8:00am—5:00pm	Stacy Pool	\$45.00
WSI 2	March 27, 28, 29 April 3, 4, 5	Fridays Saturdays & Sundays	5:00pm—8:00pm 9:00am—5:00pm	Stacy Pool Stacy Pool	\$45.00
WSI 3	April 27—May 8, 2015	Monday—Friday	5:00pm—8:00pm	Martin Pool	\$45.00
WSI 4	May 25—29, 2015	Monday—Friday	8:00am—5:00pm	Martin Pool	\$45.00
WSI 5	June 8—12, 2015	Monday—Friday	8:00am—5:00pm	Martin Pool	\$45.00

Registration:

- ◆ Registrations are accepted at the Aquatic Office, Monday—Friday from 8:00am—5:00pm (excluding holidays)
- ◆ Due to limited slots, registrations are reserved for students working for the City of Austin Parks and Recreation Department, Aquatic Division
- ◆ A \$5.00 transfer fee or a \$10.00 cancellation fee are applicable for any registration changes

If you have any additional questions regarding the water safety instructor course, please contact the aquatic office at 512-974-9330 or aquaticsoffice@austintexas.gov



<http://www.austintexas.gov/departments/pools-and-swimming>

The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our facilities, please call 512-974-9330