

**2019 Bethlehem Town Pool  
Red Cross Teen Programs**

**Water Safety Instructor Aid Certification  
Swim Teacher Aid Training**

**Training session:** July 1 – July 11 (no July 4<sup>th</sup>)

\$50 M, T, W, TH 8:00 am – 11 am

**Apprenticeship** of 20 hour occurs during teaching times

July 15 – July 25 and/or July 19 – Aug 9

Level 4 swimmers and up. Ages 12 – 16

Description of class:

Anyone wanting to become a teacher's aide in an American Red Cross Learn-to-Swim program should take this class. Swim Teachers through the American Red Cross are referred to WSI (Water Safety Instructors). Participants must be at least 12 years old and have Level 4 swimming skills (see below). A pre-class swim skills assessment is given the first day of class (see below). In addition to class time, 20 hours of apprenticeship assisting our swim lesson program is required for aide certification. Participants will need to complete the WSI-Aide Handbook. Certification is awarded based on classroom participation, completion of assignments, and successful apprenticeship hours.

Classroom time: 8:00 – 9:00 am Teaching time: 9:00 am – 11:00 pm (aide will have a break during this time)  
Swim Team 11:00 - noon (if they choose to stay)

Max of 6 participants each session (choice of weeks will be first come, first serve).

To bring daily to pool:

Swim suit, goggle, and several towels

Sunglass & sunscreen

Warm clothes to change into

Full bottle of water and snacks

Pre-class skills assessment (Learn-to-swim level 4 exit skills): 1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

The following are skills in Learn-to-Swim level 4. We will be working on skills, so that students can demonstrate them with success:

Head first entry from the side in a compact position (in water at least 9 feet deep) Head first entry from the side in a stride position (in water at least 9 feet deep) Swim under water, 3–5 body lengths Feet first surface dive, submerging completely Survival swimming, 30 seconds (in deep water) Front crawl open turn Backstroke open turn Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes Front crawl, 25 yards Breaststroke, 15 yards Butterfly, 15 yards Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths Elementary backstroke, 25 yards Back crawl, 15 yards Sidestroke, 15 yards

## Junior Lifeguarding Course

July 8 – July 31, 2019

\$150 M & T 3:30–6:30 pm, and W 1:00 – 6:30 pm

Ages: 12-15 years of age or entering 6th grade.

Junior Lifeguarding Course has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED. Participants have an opportunity to shadow lifeguards in rotation to get a real sense of being on the job. Upon successful completion of course, skills, and test; participants will receive Junior Lifeguarding, First Aid & CPR/ AED certifications.

To bring daily to pool:

Swim suit, goggle, and several towels

Sunglass & sunscreen

Warm clothes to change into

Full bottle of water and snacks

Pre course requirements: All participants must be able to perform various skills in order to participate in this class. The following skills will be tested out the first day of class:

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Swim the breaststroke for 25 yards continuously while using a pull, breathe, kick and glide sequence.
- Swim underwater for 10 feet
- Complete the Water Competency Sequence
  1. Step into the water from the side and totally submerge.
  2. Maintain position for one minute by treading water or floating (or a combination of the two).
  3. Rotate one full turn and orient to the exit.
  4. Level off and swim on the front or back 25 yards.
  5. Exit without using a ladder or steps.

## 2019 Red Cross Teen Program Participant Information

PARTICIPANTS NAME \_\_\_\_\_

GRADE COMPLETED \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_

LEARNING STYLE and concerns instructor should be aware of:

ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? Allergy? Asthma? Seizures? Diabetes? Other?

PARTICIPANT IS A: \_\_\_\_\_ Swim Teacher aide \_\_\_\_\_ Junior Lifeguard July 9 – Aug 1

**Training session: \$50**

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July 1 – July 11 (no July 4<sup>th</sup>)

July 8 – July 31, 2019

M, T, W, TH 8:00 am – 11 am

M & T 3:30–6:30 pm, & W 1:00 – 6:30 pm

### PARENT/GUARDIAN INFORMATION

PARENT/GUARDIAN NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION (Contact person other than a parent, who can be reach.)

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

### RELEASE CAUSE

I, the undersigned, as the parent or legal guardian of the child listed on this application agree and understand that swimming is a hazardous activity. I recognize that there are risks inherent in the sport of swimming, including but not limited; to paralyzing injuries and death.

The undersigned hereby releases and holds harmless the Town of Bethlehem, it's Council and any officers, employees or agents thereof from any and all claims, liabilities or demands whatsoever arising or claimed to have arisen out of the enrollment or participation in any program by the participant herein. The Bethlehem Town Pool assumes no responsibility for any personal property placed in or about the facility.

The parent/guardian authorizes any representative of the Bethlehem Public Pool to have the participant treated in any medical emergency during their participation in the Bethlehem Town Pool swim lessons or programs. Further, the participant and/or parent/guardian agrees to pay all costs associated with medical care and transportation for the participant.

I also understand that photos are occasionally taken at the Bethlehem Town Pool and that any photo taken of my child may be used for publicity purposes.

**If you do not wish for the Bethlehem Town Pool to use photos of your child for publicity purposes, please initial here \_\_\_\_\_.**

I have read and understood, and I agree with the Release Cause outlined above.

X \_\_\_\_\_

SIGNATURE OF RESPONSIBLE PARTY RELATIONSHIP DATE