

# American Red Cross Water Safety Instructor Training Course June 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup> 2011

Location: Mitchell Recreation Center 1300 North Main

Sponsored by:

Mitchell Parks & Recreation Department 1300 N. Main Mitchell 995-8450  
Davison-Hanson Chapter, American Red Cross 225 N Lawler Mitchell 996-3087  
Instructors: Karen Allen, Tammie Munsen, Heather Heymer, Jamie Henkel

## **COURSE DATES: (Must attend all hours each day)**

**Wed & Thurs & Fri, June 1, 2, & 3 8:30am – 8:30pm** (with ½ hr lunch, 1 hr supper)

Bring a sack lunch & snacks each day, supper will be provided with the class

Participants must be at least 16 years of age before the end of the course.

This class teaches participants how to teach swim lessons. Participants must be able to demonstrate at the beginning of the class 25 yards each of the front crawl, back crawl, elementary backstroke, breaststroke and sidestroke, and 15 yards of the butterfly – and maintain position on back for 1 minute in deep water and tread water for 1 minute.

## **COURSE FEES: \$ 155**

**(many aquatic facilities reimburse staff members for all or part of the registration fee – check with your facility)**

**Registration Deadline: Monday, May 23<sup>rd</sup> 5:00pm or when class fills.**

**Class is limited, so register early!!**

Use the form provided below OR  
go online to register at [www.cityofmitchell.org](http://www.cityofmitchell.org) online registration link

Cut Here



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Water Safety Instructor Course June 1-2-3, 2011

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Name & Address (if under age 18) \_\_\_\_\_

Parent/Guardian Signature(if under age 18) \_\_\_\_\_

Return this form and fee to: Mitchell Parks & Recreation Department

Attn: Billie 1300 N Main Mitchell SD 57301

Amount Paid: \$ \_\_\_\_\_ check, cash, or credit card