



BOYS & GIRLS CLUBS
OF NEWPORT COUNTY



**American
Red Cross**

American Red Cross Water Safety Instruction Course

\$350

Includes All Course Texts

Prerequisites

- Be 16 years of age on or before the final lesson.
- Demonstrate the following swimming skills: Front Crawl (25 yards), Back Crawl (25 yards), Breaststroke (25 yards), Elementary Backstroke (25 yards) Sidestroke (25 yards), Butterfly (15 yards)
- Maintain position on back for 1 minute in deep water (floating or sculling).
- Tread water for 1 minute.
- **Must bring to class: swimsuit, towel, sweatshirt, notebook and pencil**

Class Days:

- | | |
|----------------------|------------------|
| Saturday, Feb. 24th | 2:00 - 9:15 p.m. |
| Thursday, March 1st | 6:00 - 9:15 p.m. |
| Saturday, March 3rd | 2:00 - 9:15 p.m. |
| Thursday, March 8th | 6:00 - 9:15 p.m. |
| Saturday, March 10th | 2:00 - 9:15 p.m. |
| Thursday, March 15th | 6:00 - 9:15 p.m. |

(Total Class = 31.5 hours)

The purpose of the American Red Cross Swimming & Water Safety program is two-fold: to teach people how to be safe in, on and around water; and to teach people of all ages and varying abilities how to swim. Using a logical progression, the program covers the knowledge & skills needed for aquatic skill development, which, in turn, leads to safer and better swimmers.

Taught By:
Michael P. McKenna
Brown University Aquatics Instructor
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Administrator:
Jim Farrell
President U.S. Lifeguard Assoc.—New England
wfarrellii@aol.com

To register contact:
Chris Perrotti - Boys & Girls Clubs of Newport County
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To Register:

Name _____

Address: _____

City/State/Zip _____

Phone: _____ Email: _____

\$ _____ Total Amount ___ Check Enclosed ___ Visa ___ MasterCard ___ Am Ex.

Name on Card _____

Card Number _____ Expiration Date _____ CVV _____

95 Church Street, Newport, RI 02840