



## Swim For Life Instructor Course

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills in the Swim For Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Upon successful completion of this course, candidates will become certified to teach the Swim for Life and Swim Patrol Program. AquaPulse has a special Swim For Life Course because we require candidates to have hands-on experience with teaching students. To complete this requirement, as part of their in-person classes, candidates will complete a co-teach with an experienced AquaPulse instructor who will guide them through a real-life lesson and be there to give teaching tips for every skill.

### Prerequisites:

15 years of age by the end of the course and a Bronze Cross certification (does not need to be current).

### Required Items:

- Swim for Life Award Guide
- Swim Patrol Award Guide
- Swimming & Lifesaving Instructor Handbook
- Instructor Manual
- Whistle

### Schedule of Course:

- Two online classes - 8 hours total
- Two days in person – 16 hours total