



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE A PART OF SOMETHING THAT IMPACTS LIVES

## Swim Lesson Instructor



PICKENS COUNTY YMCA



**FOR YOUTH DEVELOPMENT  
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## **SWIM LESSON INSTRUCTOR COURSE**

In this course, you will learn how to teach children and adults to swim. You will also discover how to give water safety presentations to children and their parents.

### **Class 1: Pickens Branch**

**March 25, April 1: 6-10pm**  
**March 26, April 2: 9-5pm**  
**March 27, April 3: 9-5pm**

### **Class 2: Easley Branch**

**May 13, 20: 6-10pm**  
**May 14, 21: 9-5pm**  
**May 15, 22: 9-5pm**

### **Pre-requisites for the WSI class:**

- Must be 16 years of age on or before the final scheduled session of the course.
- Successfully complete the Fundamentals of Instructor Training course (will be offered as a part of each class)
- Demonstrate following swimming skills:
  1. Swim the following strokes consistent with the Stroke Performance Charts, Level 4:
    - Front Crawl—25 yards
    - Back Crawl—25 yards
    - Breaststroke—25 yards
    - Elementary Backstroke—25 yards
    - Sidestroke—25 yards
    - Butterfly—15 yards
  2. Maintain position on back for 1 minute in deep water (floating or sculling).
  3. Tread water for 1 minute.

**Cost:** \$175 - Includes books



**Pickens County YMCA**  
**WWW.PCYMCA.NET**

Easley Branch P 864 855 9622  
Pickens Branch P 864 878 8380

### **YMCA MISSION:**

**TO PUT CHRISTIAN PRINCIPLES INTO  
PRACTICE THROUGH PROGRAMS THAT BUILD  
HEALTHY SPIRIT, MIND AND BODY FOR ALL.**