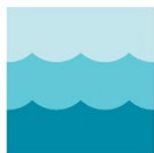


## HOSPITAL FOR SPECIAL CARE



# Aquatics & Fitness Center

### ***Water Safety Instructor (WSI) course***

This blended learning course is a combination of online simulation, in person lectures, and pool activities. It is designed to teach you all the skills and techniques necessary to become a certified American Red Cross Water Safety Instructor.

#### **Dates / Times:**

*Tuesday	May 17, 2022	5:00pm - 6:00pm	Swim test / Course Introduction
Tuesday	May 31, 2022	5:00pm - 9:00pm	Classroom and Pool
Wednesday	June 1, 2022	5:00pm - 9:00pm	Classroom and Pool
Thursday	June 2, 2022	5:00pm - 9:00pm	Classroom and Pool
Tuesday	June 7, 2022	5:00pm - 9:00pm	Classroom and Pool
Wednesday	June 8, 2022	5:00pm - 9:00pm	Classroom and Pool
Thursday	June 9, 2022	5:00pm - 9:00pm	Classroom and Pool
Thursday	June 11, 2022	5:00pm - 9:00pm	Rain Date

\* If unable to attend pre-swim test date, please contact Sharon Fagan at 860-827-1958 ext. 5027 to inquire about a possible alternate testing time.

**Where:** Hospital for Special Care Aquatic and Fitness Center  
2150 Corbin Avenue, New Britain, CT 06053

**Cost:** \$365 (*Paid after successful completion of the swim skills test*)  
**Includes e-copy textbooks**, online simulation course content, and your WSI digital completion certificate. *Access instructions to this website link will be distributed via email.*  
Add \$35 for the optional hard copy textbook.

**Sign-up:** Registration Deadline May 13, 2022  
To register and for questions please contact [SFagan@hfsc.org](mailto:SFagan@hfsc.org) or [BKasavage@hfsc.org](mailto:BKasavage@hfsc.org)  
Or call 860-827-1958 ext. 5027

**Prerequisites:** Candidates must be 16 yrs. old and complete all online content and attend all classes. Complete swimming skills test according to Red Cross Level 4

- Swim 25 yds each of: Front Crawl (freestyle), Back Crawl (backstroke), Breaststroke, Elementary Backstroke, and Sidestroke and 15 yards of Butterfly.
- Maintain position on back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute