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FOR IMMEDIATE RELEASE

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Get ready for summer with Water Safety Instructor Training

UNM-Los Alamos will offer a Water Safety Instructor Training class leading to American Red Cross Certification. The class will take place from Feb 15 to May 3 (Tues. 6-8) p.m., Fridays 5-7 p.m., and two Saturdays, Feb 26 and March 12 from 10 a.m. to noon). Upon successful completion of the course, students will be prepared to teach Parent and Child Aquatics, Pre-School Aquatics, Learn to Swim Levels 1-6, Basic Water Rescue and Personal Water Safety Courses. The course is offered both for credit and through Community Education.

Students must be at least 16 years of age on or before the last day of class; possess a Fundamentals of Instructor Training (FIT) certificate, or current Red Cross Instructor Authorization, or successfully complete the FIT training included as part of this course. Students must be able to perform 25 yards each of the following strokes at American Red Cross Level 4 proficiency: Front Crawl, Back Crawl, Breast Stroke, Side Stroke, Elementary Backstroke, Butterfly (15 yards), and be able to tread water 1 minute and float on back for 1 minute.

Instructor Jackie La New has an MS in kinesiology and aquatic certifications from the Aquatic Exercise Association, the American Council on Exercise, and the American Red Cross.

“Since this is the only course of its kind to be offered in Los Alamos before summer begins, this is a great opportunity to get certified in time to teach swim lessons this summer,” La New said.

Visit www.la.unm.edu to see the entire Spring Schedule of classes. Call 662-0336 to learn more about enrollment through Community Education. Call 662-0332 for more information about credit enrollment. To learn more about the class, call Jackie La New at 663-3402