



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# LIFEGUARD TRAINING



## BLENDDED INSTRUCTION COURSE #5

*BLENDDED: class work/videos at home & Water Skills in person at the Pool*

**COURSE PRE-TEST:** Saturday ..... May 4<sup>th</sup> ..... 12:00pm-2:00pm

**DATES:** Saturday ..... May 25<sup>th</sup> ..... 9:30am-4:30pm

Scan code for  
REGISTRATION Sunday ..... May 26<sup>th</sup> ..... 9:30am-4:30pm



Monday ..... May 27<sup>th</sup> ..... 9:30am-4:30pm

**PRICE:** \$250

### DETAILS:

- Participants must be at least 15 years old before the last date of the class.
- Registrants must pass a pre-test to participate in the class. Pre-test requirements are listed.
- Registration is first come, first serve. Class size is limited to 16 spots. After 16 spots are filled, a wait list will be formed to fill in any pre-test failures. There is no fee to be placed on the wait list.
- The \$250 fee to be paid before the first class starts but only after passing the pre-test.
- No absences are permitted. Registration fees are non-refundable.
- Must show proof of age.

### PRETEST REQUIREMENTS:

- Starting in the water, swim 20 yards using front crawl or breaststroke; surface dive to a depth of 7-10 feet of water, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. The time is complete once the participant has exited the water and is standing up on the pool deck.
- Swim 150 yards in good form, freestyle and or breaststroke, followed by 2 minutes treading without hands then another 50 swim.

**ALL SCHEDULES ARE SUBJECT TO CHANGE**

## NASSAU COUNTY AQUATIC CENTER

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500 | [www.nassaucountyny.gov/agencies/Parks](http://www.nassaucountyny.gov/agencies/Parks)

