



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# LIFEGUARD TRAINING



## **BLENDED INSTRUCTION COURSE #7 AT CANTIAGUE PARK**

*BLENDED: class work/videos at home & water skills in person at the pool.  
All online work will need to be completed prior to first class.*



Scan code for  
REGISTRATION

**PRE-TEST at NCAC: Wednesday ....July 3<sup>rd</sup> ..... 4:00pm-6:00pm**

**DATES:**  
**Monday.....July 15<sup>th</sup>..... 10:30am-5:30pm**  
**Tuesday .....July 16<sup>th</sup>..... 10:30am-5:30pm**  
**Wednesday ....July 17<sup>th</sup>..... 10:30am-5:30pm**  
**Thursday .....July 18<sup>th</sup>..... 10:30am-5:30pm**

**RAIN DATE: Friday.....July 19<sup>th</sup> .....10:30am-5:30pm**

**PRICE: \$250 - For information call 516-572-0521**

**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 10 spots. After 10 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**

## **CANTIAGUE PARK**

West John Street east of Cantiague Rock Road, Hicksville | 516-571-7056

[www.nassaucountyny.gov/agencies/Parks](http://www.nassaucountyny.gov/agencies/Parks)