



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

LIFEGUARD TRAINING



BLENDING INSTRUCTION COURSE #8 AT WANTAGH PARK

*BLENDING: 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: FridayJuly 5th 4:00pm-6:00pm

DATES:
Monday.....July 22nd 10:30am-5:30pm
TuesdayJuly 23rd 10:30am-5:30pm
WednesdayJuly 24th 10:30am-5:30pm
ThursdayJuly 25th 10:30am-5:30pm

RAIN DATE: Friday.....July 26th10:30am-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

WANTAGH PARK

1 King Road, Wantagh | 516-571-7460
www.nassaucountyny.gov/agencies/Parks