



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

# LIFEGUARD PREPARATION COURSES

## **RED CROSS LIFEGUARD PRE-TEST PREPARATION | 4-DAY CLASS, \$40**

*To get candidates that are comfortable in deep water to pass the American Red Cross lifeguarding pre-test. Goal is to build endurance in both swimming and treading; how to pass the timed event of getting the brick from deep water.*

LG Pre-test 1 .....	9/27/2024	Friday	6:30 PM - 7:30 PM
LG Pre-test 1 .....	10/04/2024	Friday	6:30 PM - 7:30 PM
LG Pre-test 1 .....	10/11/2024	Friday	6:30 PM - 7:30 PM
LG Pre-test 1 .....	10/25/2024	Friday	6:30 PM - 7:30 PM

## **NASSAU COUNTY SWIM PREPARATION | 4-DAY CLASS, \$40**

*To get candidates that have a Lifeguarding certification to pass the swimming portion of the Nassau Test. Sprinting and Endurance swimming will be covered. Must have a Lifeguarding Certificate.*

Session 1 .....	9/19/2024	Thursday	7:15 PM - 8:15 PM
Session 1 .....	9/26/2024	Thursday	7:15 PM - 8:15 PM
Session 1 .....	10/3/2024	Thursday	7:15 PM - 8:15 PM
Session 1 .....	10/10/2024	Thursday	7:15 PM - 8:15 PM
Session 2 .....	10/17/2024	Thursday	7:15 PM - 8:15 PM
Session 2 .....	10/24/2024	Thursday	7:15 PM - 8:15 PM
Session 2 .....	11/7/2024	Thursday	7:15 PM - 8:15 PM
Session 2 .....	11/14/2024	Thursday	7:15 PM - 8:15 PM

## **NASSAU COUNTY TEST PREPARATION | 1-DAY CLASS, \$20 EACH**

*A MOCK NASSAU TEST. Must have a Lifeguarding Certificate.*

Test Prep Class 1....	11/01/2024	Friday	5:00 PM - 7:00 PM
Test Prep Class 2....	11/15/2024	Friday	5:00 PM - 7:00 PM

## **NASSAU COUNTY AQUATIC CENTER**

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

