

### BRUCE A. BLAKEMAN

NASSAU COUNTY EXECUTIVE

# WATER SAFETY INSTRUCTOR COURSE



PRE-TEST held at Nassau County Aquatic Center Monday...... July 29<sup>th</sup> ... 5:00pm-7:00pm

These classes held at Cantiague Park

Monday......Aug. 12<sup>th</sup>... 11:00am-5:00pm

Tuesday...... Aug. 13<sup>th</sup>... 11:00am-5:00pm

Wednesday... Aug. 14th ... 11:00am-5:00pm

Friday ...... Aug. 16<sup>th</sup> ... 11:00am-5:00pm

## WE WILL TRAIN WATER SAFETY INSTRUCTORS.

- 15 years old or older by 8/16 Pretest: (In deepwater) 25 yards each stroke
  - Front Crawl
  - Back Crawl
  - Breaststroke
  - Sidestroke
  - Elementary Backstroke

#### 15 yards

- Butterfly
- 1 min. treading
- 1 min. maintain position on back
- Books included
- Limit 6 candidates
- Cost: \$325

## **CANTIAGUE PARK**

**480 West John Street • Hicksville • 516-571-7056** www.nassaucountyny.gov/agencies/Parks

#### REGISTRATION



Scan QR code to view online, the course is located underLIFEGUARD TRAINING