



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.

- LGP 2 1/08/2025.....Wednesday 6:00 PM - 7:00 PM
- LGP 2 1/15/2025.....Wednesday 6:00 PM - 7:00 PM
- LGP 2 1/22/2025.....Wednesday 6:00 PM - 7:00 PM
- LGP 2 2/05/2025.....Wednesday 6:00 PM - 7:00 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.

- NCSP 3 1/10/2025 Friday 5:00 PM - 6:00 PM
- NCSP 3 1/17/2025 Friday 5:00 PM - 6:00 PM
- NCSP 3 1/24/2025 Friday 5:00 PM - 6:00 PM
- NCSP 3 1/31/2025 Friday 5:00 PM - 6:00 PM

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

A MOCK NASSAU TEST. Must have a Lifeguarding Certificate.

- NCTP 3 2/07/2025 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

