



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

LIFEGUARD TRAINING

INSTRUCTOR LED COURSE #3

BLENDDED: class work/videos at home & Water Skills in person at the Pool

COURSE PRE-TEST: Tuesday February 4th 5:30pm

DATES:

Tuesday February 11th 5:00pm-9:00pm

Tuesday February 25th 5:00pm-9:00pm

Tuesday March 4th 5:00pm-9:00pm

Tuesday March 11th 5:00pm-9:00pm

Tuesday March 25th 5:00pm-9:00pm

Tuesday April 1st 5:00pm-9:00pm

Tuesday April 8th 5:00pm-9:00pm

Tuesday April 22nd 5:00pm-9:00pm

Scan code for
REGISTRATION



PRICE: PRE-TEST FEE: \$25 | COURSE FEE: \$225

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 below.
- Registration is first come, first serve. Class size is limited to 15 spots. After 15 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 pretest fee is \$25, course fee of \$225 to be paid after pretest and before first class.

- No absences are permitted. Registration fees are non-refundable.

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 300 yards continuously front crawl using rhythmic breathing and a stabilizing propellant kick.
- Tread water for 2 minutes using only your legs. Candidates should place their hands under their arm pits.

**ALL SCHEDULES ARE
SUBJECT TO CHANGE**

NASSAU COUNTY AQUATIC CENTER

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500 | www.nassaucountyny.gov/agencies/Parks

