



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

WATER SAFETY INSTRUCTOR COURSE

PRE-TEST held at Nassau County Aquatic Center
4/7/2025 Monday 4:30am-6:30pm

4/21/2025 Monday 4:30am-8:30pm

4/23/2025 Wednesday 4:30am-8:30pm

4/28/2025 Monday 4:30am-8:30pm

4/30/2025 Wednesday 4:30am-8:30pm

5/05/2025 Monday 4:30am-8:30pm

5/07/2025 Wednesday 4:30am-8:30pm



WHAT TO EXPECT

- In water teachings
- Online coursework
- Stroke decomposition and refinement
- Teaching Techniques for each stroke

TO SUCCEED

- Participate in all scheduled meetings
- Pass all practice teaching assignment
- Finish assigned online assignments.
- Get at least an 80% on final exam.

REGISTRATION

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



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
- Registration Fee \$25
- Course Fee \$300