



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# LIFEGUARD PREPARATION COURSES

## **RED CROSS LIFEGUARD PRE-TEST PREPARATION | 3-DAY CLASS, \$30**

*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 3 ..... 3/07/2025 ..... Friday ..... 5:00 PM - 6:00 PM

LGP 3 ..... 3/21/2025 ..... Friday ..... 5:00 PM - 6:00 PM

LGP 3 ..... 3/28/2025 ..... Friday ..... 5:00 PM - 6:00 PM

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## **NASSAU COUNTY SWIM PREPARATION | 3-DAY CLASS, \$30**

*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 4 ..... 4/18/2025 ..... Friday ..... 5:00 PM - 6:00 PM

NCSP 4 ..... 5/02/2025 ..... Friday ..... 5:00 PM - 6:00 PM

NCSP 4 ..... 5/09/2025 ..... Friday ..... 5:00 PM - 6:00 PM

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

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

NCTP 4 ..... 4/04/2025 ..... Friday ..... 5:00 PM - 7:00 PM

NCTP 5 ..... 4/11/2025 ..... 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](http://www.nassaucountyny.gov/agencies/Parks)

