

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

WINTER 2017

LIFEGUARD INSTRUCTION COURSE

Registration starts: Monday, Jan. 16th at 9 am

Pre-Test: Monday, January 23rd at 7:30 pm (pre-registration is required)

Class Day & time: Tuesdays, 6 pm-9 pm

Dates: January 24, 2017 – April 4, 2017 (no class on 2/21)

Cost: \$250.00 (includes class/book/materials) – due after passing pre-test

SPECIAL NOTE: Nassau County residency requirements are waived for this class. The class is open to Suffolk and Queens residents.

DETAILS:

- Participants must be at least 16 years old before the last date of the class.
- Registrants must pass a pre-test in order to participate in the class. Pre-test requirements are listed below.
- Registration is first come, first serve. Class size is limited to 10 spots. After 10 spots are filled, a waitlist will be formed to fill in any pre-test failures. There is no fee to be placed on the waitlist.
- The \$250 fee to be paid before the first class starts but only after passing the pre-test.
- **No absences are permitted.** Registration fees are non-refundable.

Pretest requirements:

- Swim 300 yards continuously using these strokes in the following order: 100 yards front crawl using rhythmic breathing and a stabilizing propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence; and 100 yards of either front crawl using rhythmic breathing or breaststroke. These 100 yards may be a mixture of front crawl and breaststroke. (**Note:** There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping.)
- 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.
- 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 EXECUTIVE

ED MANGANO