

# Nassau County Aquatic Center

## WINTER 2021-22

### LIFEGUARD INSTRUCTION COURSE #1

**Registration starts:** Monday, November 21<sup>st</sup> at 9 am

**Pre-Test:** Tuesday, December 14<sup>th</sup> 6 pm

**Time:** 10 am-4 pm

**Dates:** Monday, December 27, 2021  
Tuesday, December 28, 2021  
Wednesday, December 29, 2021  
Thursday, December 30, 2021

### LIFEGUARD INSTRUCTION COURSE #2

**Registration starts:** Monday, November 21<sup>st</sup> at 9 am

**Pre-Test:** Saturday, December 18<sup>th</sup> 9 am

**Class Day & time:** Fridays, 5 pm-8:30 pm

**Dates:** January 7, 2022 – February 11, 2022 (6 weeks)

**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**

[www.nassaucountyny.gov/agencies/Parks](http://www.nassaucountyny.gov/agencies/Parks)

572-0500

**NASSAU COUNTY DEPT. OF PARKS,**  
**RECREATION & MUSEUM**