

Nassau County Aquatics Center

Nassau Lifeguard Preparation Courses

Test Preparation: Evaluate candidates by going through a Mock Test, and give feedback on each evaluated section. i.e. Proficient or Needs Improvement and why.	Swimming Preparation: Refine lifeguards' stroke and help them become Nassau Certified lifeguards. Swimming technique and time focused.
Test Preparation Skills: <ul style="list-style-type: none">• Timed 50• Timed 200• Brick Test• Escapes• Rescue with Equipment• Introduction of Cross Chest Carry	Swimming Preparation Skills: <ul style="list-style-type: none">• Timed 50• Timed 200• Shallow Angle Dive• Front Crawl Stroke Mechanics• Turns• How to Build Endurance
Test Preparation Dates: May 3rd 7pm-9pm May 10th 7pm-9pm June 21st 7pm-9pm	Swimming Preparation Dates: Mondays: 5/17 5/24 7:30p-8:30p 6/7 6/14 No Class 5/31
Test Preparation: \$20 per Class	Swim Preparation: \$40 per Session
Age Requirement: 16 +	Register with front desk