

Nassau County Aquatics Center

Nassau Lifeguard Preparation Courses

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| 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: To Be Determined | Swimming Preparation Dates: Session 1: 12/9 12/16 7:45p-8:45p 1/6 1/13 Session 2: 1/20 1/27 7:45p-8:45p 2/3 2/10 |
| Test Preparation: \$20 per Class | Swim Preparation: \$40 per Session |
| Age Requirement: 16 + | Register with front desk |