



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

LIFEGUARD TRAINING



BLENDING INSTRUCTION COURSE

BLENDING: class work/videos at home & Water Skills in person at the Pool

Memorial Day Weekend Course (Class #8)

COURSE PRE-TEST: Tuesday May 16th 5:00pm-8:00pm

DATES: Saturday May 27th 9:30am-5:00pm

Sunday May 28rd 9:30am-5:00pm

Monday..... May 29th 9:30am-5:00pm

Scan code for
REGISTRATION



FREE COURSE - Upon passing the swimming qualifications for Nassau Exam

DETAILS:

- Participants must be at least 15 years old before the last date of the class.
- Registrants must pass a pre-test to participate in the class. Pre-test requirements are listed below.
- Registration is first come, first serve. Class size is limited to 16 spots. After 16 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:

- 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.

- Swim 300 yards continuously front crawl using rhythmic breathing and a stabilizing propellant kick. First swim 50 meters front crawl in 45 seconds or less. After a break, swim 200 meters front crawl in 4:25 or less followed by 100-meter front crawl and/or breaststroke that is not timed.
- 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 AQUATIC CENTER

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500 | www.nassaucountyny.gov/agencies/Parks

