

NASSAU COUNTY AQUATIC CENTER
BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

LIFEGUARD TRAINING - SPRING BLENDED Course

COURSE PRE TEST Monday, February 23rd 5:00pm-7:00pm

DATES:	Monday, March 16th.....	5:00pm-8:30pm
	Monday, March 23rd.....	5:00pm-8:30pm
	Monday, March 30th.....	5:00pm-8:30pm
	Monday, April 6th	5:00pm-8:30pm
	Monday, April 13th.....	5:00pm-8:30pm
	Monday, April 20th	5:00pm-8:30pm
	Monday, April 27th	5:00pm-8:30pm
	Monday, May 5th	5:00pm-8:30pm

Please register on the Aquatic Center website under the Red Cross tab.

DETAILS: Registration first comes, first serve. No absences are permitted. Registration fees are non-refundable. Class size is limited to 10 spots. After 10 spots are filled, a waitlist will form to fill in any pretest failures. There is no fee to be placed on the waitlist. MUST SHOW PROFF OF AGE. After completing the pretest the Candidate will pay the \$250 for the class prior to the first class.

Registrants must pass a pre-test.

PRETEST REQUIREMENTS: Starting in the water, swim 20 yards using either breast stroke or front crawl, 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 starting point with the object and exit the water without using a ladder or steps. This requires to be completed in 1 minute and 40 seconds. Swim 150 yards in good form, freestyle and or breast stroke followed by 2 minutes of treading without hands then swim another 50 yard swim.

ALL SCHEDULES ARE SUBJECT TO CHANGE

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