



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

LIFEGUARD TRAINING



BLENDDED INSTRUCTION COURSE #1

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

COURSE PRE-TEST: Monday.....March 4th 5:00pm-7:00pm

DATES: TuesdayMarch 19th 10:00am-4:00pm
 WednesdayMarch 20th 10:00am-4:00pm
 ThursdayMarch 21st 10:00am-4:00pm
 FridayMarch 22nd 10:00am-4:00pm

PRICE: **\$250**

Scan code for
 REGISTRATION



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 8 spots. After 8 spots are filled, a wait list 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 150 yards in good form, freestyle and or breaststroke, followed by 2 minutes treading without hands then another 50 swim.
- 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

