



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

# LIFEGUARD TRAINING



## BLENDDED INSTRUCTION COURSE #2

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

<b>COURSE PRE-TEST:</b>	<b>Monday.....March 11<sup>th</sup> .....</b>	<b>5:15pm-7:15pm</b>
<b>DATES:</b>	<b>Monday.....March 25<sup>th</sup> .....</b>	<b>5:15pm-9:00pm</b>
	<b>Wednesday ....March 27<sup>th</sup> .....</b>	<b>5:15pm-9:00pm</b>
	<b>Friday .....</b>	<b>March 29<sup>th</sup> .....</b>
	<b>Monday.....April 1<sup>st</sup> .....</b>	<b>5:15pm-9:00pm</b>
	<b>Wednesday ....April 3<sup>rd</sup> .....</b>	<b>5:15pm-9:00pm</b>
	<b>Friday .....</b>	<b>April 5<sup>th</sup> .....</b>
		<b>5:15pm-9:00pm</b>

Scan code for  
 REGISTRATION



**PRICE: \$250**

**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](http://www.nassaucountyny.gov/agencies/Parks)

