



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# LIFEGUARD PREPARATION COURSES

## **RED CROSS LIFEGUARD PRE-TEST PREPARATION | 4-DAY CLASS, \$40**

*To get candidates that are comfortable in deep water to pass the American Red Cross lifeguarding pre-test. Goal is to build endurance in both swimming and treading; how to pass the timed event of getting the brick from deep water.*

LGP 2.....	3/22/2024	Friday	5:00 PM - 6:00 PM
LGP 2.....	3/29/2024	Friday	5:00 PM - 6:00 PM
LGP 2.....	4/05/2024	Friday	5:00 PM - 6:00 PM
LGP 2.....	4/12/2024	Friday	5:00 PM - 6:00 PM

## **NASSAU COUNTY SWIM PREPARATION | 4-DAY CLASS, \$40**

*To get candidates that have a Lifeguarding certification to pass the swimming portion of the Nassau Test. Sprinting and Endurance swimming will be covered. Must have a Lifeguarding Certificate.*

NCSP 2 .....	3/22/2024	Friday	6:15 PM - 7:15 PM
NCSP 2 .....	3/29/2024	Friday	6:15 PM - 7:15 PM
NCSP 2 .....	4/05/2024	Friday	6:15 PM - 7:15 PM
NCSP 2 .....	4/12/2024	Friday	6:15 PM - 7:15 PM

## **NASSAU COUNTY TEST PREPARATION | 1-DAY CLASS, \$20 EACH**

*A MOCK NASSAU TEST. Must have a Lifeguarding Certificate.*

NCTP 7 .....	4/19/2024	Friday	5:00 PM - 7:00 PM
NCTP 8 .....	5/03/2024	Friday	5:00 PM - 7:00 PM
NCTP 9 .....	5/10/2024	Friday	5:00 PM - 7:00 PM

## **NASSAU COUNTY AQUATIC CENTER**

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500 | [www.nassaucountyny.gov/agencies/Parks](http://www.nassaucountyny.gov/agencies/Parks)

