



FREE

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

LIFEGUARD TRAINING COURSE



PRE-SUMMER INSTRUCTION COURSE

COURSE PRE-TEST: Wednesday June 29th 6:00 pm - 8:00 pm

DATES: Tuesday July 5th 9:30 am - 5:00 pm

Wednesday..... July 6th 9:30 am - 5:00 pm

Thursday July 7th 9:30 am - 5:00 pm

OPEN TO 15 YEAR OLDS & UP
FREE FOR CANDIDATES WILLING TO WORK
FOR A NASSAU COUNTY MUNICIPALITY.

CONTACT RSmith1@nassaucountyny.gov

DETAILS:

- Participants must be at least 15 years old before the last date of the class.
- Registration is first come, first serve. Class size is limited to 6 spots. After 6 spots are filled, a waitlist will be formed to fill in any pre-test failures.
- No absences are permitted.
- Registrants must pass a pre-test to participate in the class. Pre-test requirements are listed be:

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.
- Tread water for 2 minutes using only your legs. Candidates should place their hands under their arm pits.
- Swim 300 yards continuously front crawl using rhythmic breathing and a stabilizing propellant kick. (Note: There is no time requirement for this skill. The participant must show only that he or she can swim 300 yards using the above strokes without stopping.)

NASSAU COUNTY AQUATIC CENTER

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