



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

LIFEGUARD INSTRUCTION COURSE

FEBRUARY-APRIL 2023



INSTRUCTION COURSE

All videos, class work/pools skills completed at the Aquatic Center

COURSE PRE-TEST Tuesday ... February 7, 20235:00pm-9:00pm

DATES: Tuesday ... February 14, 2023 ..5:00pm-9:00pm

Tuesday ... February 21, 2023 ..NO CLASS

Tuesday ... February 28, 2023 ..5:00pm-9:00pm

Sunday..... March 5, 20238:30am-4:30pm CLASSROOM ONLY

Tuesday ... March 7, 20235:00pm-9:00pm

Tuesday ... March 14, 20235:00pm-9:00pm

Tuesday ... March 21, 20235:00pm-9:00pm

Tuesday ... March 28, 20235:00pm-9:00pm

Tuesday ... April 4, 20235:00pm-9:00pm

Scan code for
REGISTRATION



Cost: \$250.00 (includes class/book/materials) – due after passing pre-test

SPECIAL NOTE: Nassau County residency requirements are waived for this class. Open to Suffolk and Queens residents.

DETAILS:

- Participants must be at least 16 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 10 spots. After 10 spots are filled, a waitlist 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 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.)
- 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

