



# AMERICAN RED CROSS LIFEGUARD CERTIFICATION

**AQUA CREST POOL**  
2503 Seacrest Blvd, Delray Beach, FL 33444

**Paul @ 561 278-7104 | PMilne@pbcgov.org**

**March 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>, 2020**

**9:00 am-5:00 pm | Cost \$250**

## Prerequisites to Participate in the Lifeguard Certification Course

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.

Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.

Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

**ALL CANDIDATES MUST PASS ALL PREREQUISITE SKILLS  
IN ORDER TO BE ADMITTED INTO THE CLASS.**

**ADMISSION INTO THE CLASS DOES NOT GUARANTEE CERTIFICATION.**

### Prerequisite skills session open try-out dates:

**April 18<sup>th</sup>, 25<sup>th</sup> & May 2<sup>nd</sup> – Please call or e-mail to schedule**

**(Please allow at least 30 minutes to complete all skills listed above)**



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