



Lake Lytal Family Aquatic Center

3645 Gun Club Rd

West Palm Beach, FL, 33406

(561) 233-1485

Instructor: Engjell Troni

etroni@pbcgov.org



**American
Red Cross**

Lifeguard Certification Course

Cost Required: **FREE**

Course Dates:

July 13th (Pretest): 12pm to 2pm

July 19th, 20th, 26th & 27th: 9am to 5pm

Must attend all dates

****Pretest: July 13th, 12pm -2pm****

PRETEST MUST BE COMPLETED FOR CLASS PARTICIPATION

Prerequisites

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, breast stroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for two minutes using only your legs.
4. Complete a timed event within 1 minute, 40 seconds.

****Registration for this course begins at 9am on July 2nd, 2024. Please register with instructor via email. (First come, first serve in regards to capacity)**



Palm Beach County Board of County Commissioners

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