



**American
Red Cross**

Lake Lytal Family Aquatic Center

3645 Lake Lytal Park Dr
West Palm Beach, FL, 33406

(561) 233-1485

Instructor: Engjell Troni

etroni@pbc.gov

Lifeguard Certification Course Blended Learning

Cost Required: **FREE**

Course Dates: JUNE 11th (**Pretest**): 12pm to 2pm
JUNE 21st, 22nd & 28th: 9am to 6pm

PRETEST MUST BE COMPLETED FOR CLASS PARTICIPATION

Pretest

1. Must be 15 years old on or before the final scheduled session of this course.
2. Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both (Swimming on the back or side is not permitted, goggles are allowed), Then maintain position at the surface of the water for 2 minutes by treading water using only the legs, floating, or both, then swim 50 yards using the front crawl, breaststroke or a combination of both.
3. Complete a timed event within 1 minute, 40 seconds.

Registration for this course begins May 31st, 2025 at 9AM.

Please register with instructor via email. (First come, first serve in regards to capacity)

Health Benefits:

Lifeguard Certification Courses can lead to employment and physical activity promoting cardiovascular and strength based health. For the individual, certification can provide lifelong skills.



Palm Beach County Board of County Commissioners

Maria G. Marino, Mayor, Sara Baxter, Vice Mayor, Gregg K. Weiss

Joel G. Flores, Marci Woodward, Maria Sachs, Bobby Powell Jr.

Verdenia C. Baker, County Administrator