



Lake Lytal Family Aquatic Center  
3645 Lake Lytal Park Drive  
West Palm Beach, FL 33406  
561-233-1426 (27)



**American  
Red Cross**

**Lead Instructor: Engjell Troni**

**Email: [ETroni@pbc.gov](mailto:ETroni@pbc.gov)**

**Cost: FREE**

**Course Dates: PRETEST - January 10, 2026, 12pm-3pm**

**Class Sessions: January 17, 18 & 19, 9am-5pm (BLENDED LEARNING)**

**Registration Begins: December 30, 2025, 9am**

*Register by emailing the lead instructor, provide the candidates' name, date of birth and contact information.*

**\*Pretests must be passed for class participation. Attendance on all dates is required to complete course.\***

### **Pretest**

- Must be 15 years old on or before the final scheduled session of this course.
- Complete a swim-tread-swim sequence without stopping to rest. First, 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, followed by swimming 50 yards using the front crawl, breaststroke or a combination of both.
- Complete a timed 10 lb. brick retrieval within 1 minute, 40 seconds (goggles are not permitted during this assessment).

**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.



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