



**American
Red Cross**

Lake Lytal Family Aquatic Center

3645 Lake Lytal Park Drive

West Palm Beach FL, 33406

(561) 233-1485

Instructor: Engjell Troni

Etroni@pbc.gov

Lifeguard Certification Course Blended Learning

Cost Required: **FREE**

Course Dates: September 13 (Pretest): 10 am to 12 pm

September 20, 21 and 23, 9 am to 5 pm

Must attend all dates

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. Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 50 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed) Maintain position at the surface of the water for 2 minutes by treading water using only the legs, floating, or combination of both. Swim 50 yards using the front crawl, breaststroke or a combination of both strokes.
3. Complete a timed event within 1 minute, 40 seconds.

***Online portion of class must be completed **prior** to start of class! ***

Registration for this course begins September 2, 2025 at 8 AM

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

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