



## North County Aquatic Complex

861 Toney Penna Dr

Jupiter, FL 33458

(561) 745-0241

**Instructor:** Craig Perry

CPerry1@pbc.gov



**American  
Red Cross**

## Lifeguard Certification Course

Cost Required: **FREE**

Course Dates:

May 17th(Pretest): 4pm to 6pm

May 18th, 19th, 25th, 26th: 9am to 6pm

**\*Must attend all dates\***

**\*\*Pretest: May 17th, 4-6 pm\*\***

**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 April 27th, 2024. Please register with instructor via email. (First come, first serve in regards to capacity)**



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