



**American  
Red Cross**

## North County Aquatic Complex

861 Toney Penna Dr

Jupiter, FL 33458

**Instructor:** Craig Perry

CPerry1@pbc.gov

## Lifeguard Certification Course Blended Learning

Cost Required: **FREE**

Course Dates: MAY 2nd (Pretest): 4-5pm

MAY 10th – 11th & 17th: 9am to 6pm

**\*Must attend all dates and complete the online content\***

### **Pretest** PRETEST MUST BE COMPLETED FOR CLASS PARTICIPATION

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 April 26th, 2025 at 8AM.**

**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**

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