



**American
Red Cross**

Aqua Crest Pool

2503 Seacrest Blvd.

Delray Beach, FL 33444

(561) 278-7104

Instructor: Dylan McDonald-Holland

DMcdonaldholland@pbc.gov

Lifeguard Certification Course

Cost Required: **FREE**

Pretest Date: JULY 5th, 1pm-3pm

Course Dates: JULY 12th, 13th, 19th & 20th, 9am-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 June 28th, 2025 at 8AM.

Please register with instructor via email. (First come, first served 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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