



**American
Red Cross**

Aqua Crest Pool

2503 Seacrest Blvd.

Delray Beach, FL 33444

(561) 278-7104

Instructor: Delaney Tavoletti

DTavoletti@pbc.gov

Lifeguard Certification Course

Cost Required: **FREE**

Pretest Date: MARCH 22nd 1pm-3pm

Course Dates: MARCH 25th-28th 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 March 15th, 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.



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