



## Aqua Crest Pool

2503 Seacrest Blvd.

Delray Beach, FL 33444

(561) 265-2504

**Instructor:** Pilar Vina & Nicholas Espinoza

DMcdonaldholland@pbc.gov



**American  
Red Cross**

### **Lifeguard Blended Learning Certification Course**

Cost Required: **FREE**

Pretest Date: March 7th, 1pm-3pm

Course Dates: March 14th, 15th and 16th, 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 brick retrieval event within 1 minute, 40 seconds.

**Registration for this course begins February 28th, 2026 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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