



**Aqua Crest Pool**  
2503 Seacrest Blvd,  
Delray Beach, FL 33444  
**Instructor:** Carli Acquaviva  
[CAcquaviva@pbcgov.org](mailto:CAcquaviva@pbcgov.org)



## **Lifeguard Certification Course**

Cost Required: **FREE**

Course Dates:

September 9 (Pre-test): 1pm to 3pm

September 23, 24, & 25: 9am to 6pm

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

**\*\*Pre-test: September 9, 1-3 pm\*\***

**PRE-TEST 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 the 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 the pre-test must be completed by September 5, 2023. Please register with instructor via email. (First-come, first-served in regards to capacity)**



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