



Lake Lytal Family Aquatic Complex

3645 Gun Club Road

West Palm Beach, FL 33406

(561) 233-1484

Instructor: Victoria Bennett Vbennett@pbcgov.org



**American
Red Cross**

Lifeguard Certification Course

Cost: **FREE**

Course Dates: July 7 (Pre-test): 3pm to 5pm
July 15 & 16: 9am to 6pm
July 22 & 23: 9am to 6pm

Must attend all dates

****Pre-test: July 7, 3-5 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 July 4, 2023. Please register with instructor via email. (First-come, first-served in regards to capacity)**



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