



**American
Red Cross**

Lake Lytal Family Aquatic Complex

3645 Lake Lytal Park Dr
West Palm Beach, FL, 33406

(561) 233-1485

Instructor: Engjell Troni
etroni@pbc.gov

Lifeguard Certification Course

Cost Required: **FREE**

Course Dates: APRIL 12 (Pretest): 12pm to 2pm

APRIL 19, 20, 26 & 27: 9am to 6pm

Must attend all dates

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 18, 2025 at 9AM.

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.



Palm Beach County Board of County Commissioners

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