



Lake Lytal Family Aquatic Center
3645 Lake Lytal Park Dr.
West Palm Beach, FL 33461
561-233-1426 (27)



**American
Red Cross**

Palm Beach County Lifeguard Certification Course

Head Instructor: Engjell Troni

Email: ETroni@pbc.gov (External link to email)

Cost: FREE

Course Dates: Pretest- Nov 8 at 12pm

In Person- Nov 15-16 & 22 from 9am- 5pm

Registration Opens: November 4 at 9am

Pretest must be passed for class participation and must attend all dates

Please register by emailing instructor your name and phone number. First Come, First Served

Pretest:

- Must be 15 years old on or before the final day of the course
- Complete a swim-tread-swim sequence without stopping to rest: Jump into water and totally submerge, resurface then swim 150 yards using front crawl, breast stroke 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 additional yards using the front crawl, breaststroke or a combination of both
- Complete a timed 10 lb. brick retrieval within 1 minute, 40 seconds (cannot wear goggles)

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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