



## North County Aquatic Complex

861 Toney Penna Dr

Jupiter, FL 33458

(561) 745-0241

**Instructor:** Julia Argentati

JARGENTATI@pbc.gov

## Lifeguard Certification Course

Cost Required: **FREE**

Course Dates: July 26th (Pretest): 11 am to 1 pm

AUG 5th, 6th, 7th, 8th: 9 am to 6 pm

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

**PRETEST MUST BE COMPLETED FOR CLASS PARTICIPATION**

## Prerequisites

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 50 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed) ▪ Maintain position at the surface of the water for 2 minutes by treading water using only the legs, floating, or both ▪ Swim 50 yards using the front crawl, breaststroke or a combination of both
3. Complete a timed event within 1 minute, 40 seconds.

\*\*\*Online portion of class must be completed **prior** to start of class! \*\*\*

**\*\*Registration for this course begins July 22nd, 2025 at 8 AM**

**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.



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