



North County Aquatic Complex
861 Toney Penna Dr
Jupiter, FL 33458
561-745-0241



**American
Red Cross**

Palm Beach County Lifeguard Certification Course

Head Instructor: Julia Argentati

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

Cost: FREE

Course Dates: Pretest – November 22 at 10am

In Person – December 6, 7 & 13 from 9am- 5pm

Registration Opens: November 15 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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