

Lifeguard Certification Class

Offered by the Town of Hempstead



Students will be American Red Cross certified in standard first aid, CPR/AED and lifeguarding skills.

Fall and Spring Classes Available

Classes: 11 weeks, 3 ½ hours each

Sign up for one of the following class times.

- Tuesdays: 6pm – 9:30pm :: 9/17 – 12/17
- Saturdays: 1pm – 4:30pm :: 9/21 – 12/21
- Sundays: 1pm – 4:30pm :: 9/22 – 12/22
- Sundays: 6pm – 9:30pm :: 9/22 – 12/22

(Students must attend class every week, no absences allowed)

Location: Echo Park; 399 Nassau Blvd, West Hempstead, NY 11552

Fee: \$175, Includes the course fee of the Town of Hempstead, certification fee to the American Red Cross and book and material fee. (Fees are collected after successful completion of the pre-skills test)

Class price does not include daily admissions fee to the pool for each class.

Requirements:

- Must be 15 years or older by start of class
(Bring proof of age first class, i.e.; driver's license, school ID, passport)
- Must pass a pre-skills swim:
 - 300 yards continuous swim using freestyle or breaststroke that demonstrates rhythmic breathing
 - 2-minute tread using only their legs, hands should be placed under armpits.
 - Complete a timed event within 1 minute, 40 seconds: start in the water swim 20 yards, surface dive 7-10 feet to retrieve a 10-pound brick, return to the surface and swim the 20 yards back to starting point, then exit water without the use of steps or ladders.

(All candidates will have two attempts at the pre-skill test)

Online registrations: Go to: Hempsteadtown.com/parks

Begins on 9/16 @ 6pm

REGISTER NOW for the Fall



For more information about the course please visit our website hempsteadny.gov/activities/aquatics/lifeguard_training, call the Echo lifeguard office at (516) 565-0508 or Aquatics department at (516) 292-9000 ext. 7238

Looking to Lifeguard Summer 2020?
The TOH wants to interview you!

All courses will provide information on how to achieve a Nassau County Lifeguard Certification, as well as provide information on how to interview with the Town of Hempstead for 2020 Summer Lifeguarding Jobs!