HEALTH & SAFETY COURSES

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you’ll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. We also offer courses tailored to waterparks and waterfronts.

* CPR Certification $80.00
* Lifeguard Certification $200.00
* Water Safety Instructor $300.00
* Lifeguard Instructor $350.00

Lifeguarding course participants must be at least 15 years old and must pass a pre-course swim test. All American Red Cross certifications are valid for 2 years.

JUNIOR LIFEGUARD PROGRAM

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15.

Residents $60 | Non-residents $90.00

PARKS & RECREATION

410 SE 3rd Street
Hallandale Beach, FL 33009

phone: (954) 457-1452
fax: (954) 457-1467
web: www.CoHB.org/Parks
email: Parks_Recreation@CoHB.org

“It Starts in Parks”

BF James Pool: 777 NW 1st Ave.
(954) 457-1321
Bluesten Pool: 202 SE 5th St.
(954) 457-1458

www.cohb.org/Parks
Swim Lessons
Our Professional Red Cross Certified Instructors make learning to swim fun! This well balanced program teaches swimming skills and water safety in a fun, safe environment. We have swimming and water safety programs for everyone – from infants through adults, enroll in a class today!

Parent and Child (6 months through 3 years)
Parent and Child Aquatics helps young children become comfortable in the water and lays the foundation for future aquatic skills. For each level of Parent and Child Aquatics, new developmentally appropriate swimming and water safety skills are introduced. An adult is required to accompany each child in the water. Adults learn how to safely handle their infants or toddlers in and around the water, as well as how to become water smart.

Preschool Aquatics (4 through 5 years)
Preschool Aquatics puts the “Fun” in fundamentals. Each class is loaded with enjoyable, engaging, and challenging activities that motivate children to want to perform and learn to swim. In Preschool Aquatics, your child is introduced to basic skills that lay the foundation for future skill development of swimming strokes.

Learn to Swim Level 1-6 (6 years through adults)
Our Learn-to-Swim program is designed for children over 6 years through adults. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency in addition to stroke development. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next.

Swim Lesson Fees (per 8 class session):
Residents: $30
Non-Residents: $45
Private Lessons: $30/hour

Swim Team at Bluesten Park
The City of Hallandale Beach and Dolphin Aquatic Swim School (DASS) is proud to offer a competitive swim team available for all ages and levels of swimming. Our Philosophy is to teach swimmers how to set long and short term goals while practicing honesty, respect, responsibility, and compassion. We have an atmosphere where candidates can learn quickly in a safe and fun environment with nothing less than the best technique.

Water Fitness Programs
Water Fitness Programs offer a variety of classes for all fitness levels from beginning participants and health seekers to athletes looking for new cross-training options. The movement of the body through water provides resistance throughout the workout, enhancing your workout routine. Our Arthritis Foundation certified instructors help individuals gain strength and flexibility, reduce pain, and improve their daily lifestyle.

Classes are offered year round.
Resident: $15.00 monthly or $2.50/class
Non-Resident: $20.00 Monthly or $3.50/class
*Prices do not include pool admission fees*