

# LIFEGUARD CERTIFICATION CLASSES

## Prerequisites

- Must be at least 15 years of age
- Able to swim 300 yards continuously using front crawl and breast stroke techniques
- Tread water for two minutes without the use of their hands
- Must be able to surface dive 7-10 feet to retrieve a 10lb weight, return to surface and swim an additional 20 yards while carrying weight on chest



## FULL LIFEGUARD CLASS \$285

| Full Class Dates              | Dates & Times (Must attend all days and required hours below) |   |                       |
|-------------------------------|---|---|-----------------------|
| August Class (10th-14th)      | Aug 10-11 (1030a-5p)  | & | Aug 12-14 (430p-830p) |
| September A Class (7th-11th)  | Sep 7-8 (1030a-5p)  | & | Sep 9-11 (430p-830p)  |
| September B Class (21st-25th) | Sep 21-22 (1030a-5p)  | & | Sep 23-25 (430p-830p) |
| October Class (12th-16th)     | Oct 12-13 (1030a-5p)  | & | Oct 14-16 (430p-830p) |
| November Class (11th-15th)    |   |   | Nov 11-15 (430p-830p) |
| December Class (14th-18th)    | Dec 14-15 (1030a-5p)  | & | Dec 16-17 (430p-830p) |

## RECERTIFICATION LIFEGUARD CLASS \$165

| Session               | Dates & Times        |
|-----------------------|----------------------|
| August (17th-18th)    | Aug 17-18 (1030a-5p) |
| September (28th-29th) | Sep 28-29 (1030a-5p) |
| October (19th-20th)   | Oct 19-20 (1030a-5p) |
| November (16th-17th)  | Nov 16-17 (1030a-5p) |
| December (21st-22nd)  | Dec 21-22 (1030a-5p) |

Register in person or register online today!

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(336)315-8498

Refunds are at the discretion of the facility manager