

# 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)		
January Class (25th-29th)	Jan 25-26 (1030a-5p)	&	Jan 27-29 (430p-830p)
March Class (9th-13th)			Mar 9-13 (430p-830p)
April Class (13th-17th)			Apr 13-17 (430p-830p)
May Class A (4th-8th)			May 4-8 (430p-830p)
May Class B (23rd-28th)*	May 23-24 (1030a-5p)	&	May 26-28 (430p-830p)
			*no class May 25th

## RECERTIFICATION LIFEGUARD CLASS \$165

Session	Dates & Times
January (13th-15th)	Jan 13-15 (430p-830p)
February (3rd-5th)	Feb 3-5 (430p-830p)
March (14th-15th)	Mar 14-15 (1030a-5p)
April (27th-29th)	Apr 27-29 (430p-830p)
May (21st-22nd)	May 20-22 (430p-830p)

Register in person or register online today!

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Greensboroaquaticcenter.com

(336)315-8498

Refunds are at the discretion of the facility manager