

# 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



## RECERTIFICATION LIFEGUARD CLASS \$165

Jan 15th  
Jan 16th

Class 1. Jan 15,16

4:30-8:30pm  
8:00am-5:00pm

Feb 12th  
Feb 13th

Class 2. Feb 12,13

4:30-8:30pm  
8:00am-5:00pm

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## Certification Lifeguard Class \$285

January 19-22  
January 23

Jan 19-23

4:30-8:30pm  
8:00am-5:00pm

Register in person or register online today!

1921 W Gate City Blvd. Greensboro, NC 27403

[Greensboroaquaticcenter.com](http://Greensboroaquaticcenter.com)

(336)315-8498

Refunds are at the discretion of the facility manager