

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

Class 1. April 23,24

April 23th
April 24th

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

Class 2. May 4,5,6

May 4th
May 5th
May 6th

4:30-8:30pm
4:30-8:30pm
4:30-8:30pm

Class 3. May 18,19,20

May 18th
May 19th
May 20th

4:30-8:00pm
4:30-8:00pm
4:30-8:00pm

Register in person or register online today!

1921 W Gate City Blvd. Greensboro, NC 27403

Greensboroaquaticcenter.com

(336)315-8498

Refunds are at the discretion of the facility manager