

# 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

January 29-30th	Class 1. January 29-30	8:00am-5:00pm
March 15-17th	Class 3. March 15-17	4:30pm-8:30pm
April 21-22nd April 23rd	Class 4. April 21-23	4:30pm-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