

# 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



## CERTIFICATION LIFEGUARD CLASS \$285

May 25-27th May 28th	Class 1. May 25-28	4:30-8:30pm 8:00am-5:00pm
June 27-30th	Class 2. June 27-30	10:00am-5:00pm
July 25-28th	Class 3. July 25-28	10:00am-5:00pm
August 8-11th	Class 4. August 8-11	10:00am-5:00pm
August 24-26th August 27th	Class 5. August 24-27	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