

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

Class 1. September 21-24

September 21-23
September 24th

4:30pm—8:30pm
8:00am—5:00pm

Class 2. October 19-22

October 19-21
October 22nd

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

(336)315-8498

Refunds are at the discretion of the facility manager