

# 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

September 8-9  
September 10th

Class 1. September 8-10

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

October 6-7  
October 8th

Class 2. October 6-8

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