Lifeguard Certification

$285

- Must be at least 15 years of age
- Able to swim 300 yards continuously using front crawl and breaststroke 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

Full Certification Course

✓ **May 24th - 27th**

May 24th	4:30 PM - 8:30 PM
May 25th	4:30 PM - 8:30 PM
May 26th	4:30 PM - 8:30 PM
May 27th	8:00 AM - 5:00 PM

✓ **June 26th - 29th**

June 26th	10:00 AM - 5:00 PM
June 27th	10:00 AM - 5:00 PM
June 28th	10:00 AM - 5:00 PM
June 29th	10:00 AM - 5:00 PM

GAC

GREENSBORO AQUATIC CENTER

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