

Lifeguard Recertification



\$165

- 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

Recertification Course

✓ May 9th - 11th

May 9th 4:30 PM - 8:30 PM

May 10th 4:30 PM - 8:30 PM

May 11th 4:30 PM - 8:30 PM

✓ June 12th - 14th

June 12th 10:00 AM - 5:00 PM

June 13th 10:00 AM - 5:00 PM

June 14th 10:00 AM - 5:00 PM



GREENSBORO AQUATIC CENTER

1921 W Gate City Blvd
Greensboro, NC 27403

www.greensboroaquaticcenter.com