

FALL 2023 LIFEGUARD CLASSES

LIFEGUARD CERTIFICATION

- Must be 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 10 lb. weight, return to surface and swim an additional 20 yards while carrying weight on chest

\$285

FULL CERTIFICATION COURSE

September

[09/13 - 09/16]

13; 4:30pm - 8:30pm

14; 4:30pm - 8:30pm

15; 4:30pm - 8:30pm

16; 8:00am - 5:00pm

October

[10/11 - 10/14]

11; 4:30pm - 8:30pm

12; 4:30pm - 8:30pm

13; 4:30pm - 8:30pm

14; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER