

FALL 2023 LIFEGUARD CLASSES

LIFEGUARD RECERTIFICATION

- 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

\$165

RECERTIFICATION COURSE

September 26; 4:30pm - 8:30pm
[09/26 - 09/28] 27; 4:30pm - 8:30pm
28; 4:30pm - 8:30pm

October 17; 4:30pm - 8:30pm
[10/17 - 10/19] 18; 4:30pm - 8:30pm
19; 4:30pm - 8:30pm



GREENSBORO AQUATIC CENTER