

WINTER 2024 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

Price
\$350

FULL CERTIFICATION COURSE

January	17; 4:30pm - 8:30pm
[01/17 - 01/20]	18; 4:30pm - 8:30pm
	19; 4:30pm - 8:30pm
	20; 8:00am - 5:00pm

February	31; 4:30pm - 8:30pm
[01/31 - 02/03]	1; 4:30pm - 8:30pm
	2; 4:30pm - 8:30pm
	3; 8:00am - 5:00pm

March	25; 4:30pm - 8:30pm
[03/25 - 03/28]	26; 4:30pm - 8:30pm
	27; 4:30pm - 8:30pm
	28; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER