

# WINTER 2024 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

**Price**  
**\$200**

## RECERTIFICATION COURSE

<b>January</b>	25; 4:30pm - 8:30pm
[01/25 - 01/27]	26; 4:30pm - 8:30pm
	27; 8:00am - 5:00pm

<b>February</b>	27; 4:30pm - 8:30pm
[02/27 - 02/29]	28; 4:30pm - 8:30pm
	29; 8:00am - 5:00pm

<b>March</b>	25; 4:30pm - 8:30pm
[03/12 - 03/14]	26; 4:30pm - 8:30pm
	27; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER