

SPRING 2024 LIFEGUARD CLASSES

LIFEGUARD RECERTIFICATION

- Must be 15 years of age
- Must be able to swim 50 yards continuously, tread for 2 minutes without the use of their arms, and proceed with an additional 150 yard continuous swim. Swim will be performed using front crawl and breast stroke techniques
- 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 COURSES

March	12; 4:30pm - 8:30pm
[03/12 - 03/14]	13; 4:30pm - 8:30pm
	14; 4:30pm - 8:30pm

April	11; 4:30pm - 8:30pm
[04/11 - 04/13]	12; 4:30pm - 8:30pm
	13; 8:00am - 5:00pm

May	09; 4:30pm - 8:30pm
[05/09 - 05/11]	10; 4:30pm - 8:30pm
	11; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER