

SUMMER 2024 LIFEGUARD CLASSES

LIFEGUARD CERTIFICATION

- Must be 15 years of age
- Must be able to swim 150 yards continuously, tread for 2 minutes without the use of their arms, and proceed with an additional 50 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

\$350

*non-refundable

FULL CERTIFICATION COURSES

May
[05/29 - 06/01]

29; 4:30pm - 8:30pm
30; 4:30pm - 8:30pm
31; 4:30pm - 8:30pm
01; 8:00am - 5:00pm

June
[06/05 - 06/08]

05; 3:00pm - 7:00pm
06; 3:00pm - 7:00pm
07; 3:00pm - 7:00pm
08; 8:00am - 5:00pm

August
[07/31 - 08/03]

31; 3:00pm - 7:00pm
01; 3:00pm - 7:00pm
02; 3:00pm - 7:00pm
03; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER