

SUMMER 2024 LIFEGUARD CLASSES

LIFEGUARD RECERTIFICATION

- 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

\$200

*non-refundable

RECERTIFICATION COURSES

May [05/09- 05/11]	09; 4:30pm - 8:30pm
	10; 4:30pm - 8:30pm
	11; 8:00am - 5:00pm
June [06/18 - 06/20]	18; 10:00am - 5:00pm
	19; 10:00am - 5:00pm
	20; 10:00am - 5:00pm
August [08/15 - 08/17]	15; 4:30pm - 8:30pm
	16; 4:30pm - 8:30pm
	17; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER