

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

****Please see website for more details!
www.greensboroaquaticcenter.com****

Price \$350

***non-refundable**

FULL CERTIFICATION COURSES

January	08; 4:30pm - 8:30pm
[01/08 - 01/11]	09; 4:30pm - 8:30pm
	10; 4:30pm - 8:30pm
	11; 8:00am - 5:00pm

March 1	05; 4:30pm - 8:30pm
[03/05 - 03/08]	06; 4:30pm - 8:30pm
	07; 4:30pm - 8:30pm
	08; 8:00am - 5:00pm

March 2	26; 4:30pm - 8:30pm
[03/26 - 03/29]	27; 4:30pm - 8:30pm
	28; 4:30pm - 8:30pm
	29; 8:00am - 5:00pm

WINTER 2025 LIFEGUARD CLASSES



GREENSBORO AQUATIC CENTER

