

WINTER 2025 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 addition 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 \$200

***non-refundable**

RECERTIFICATION COURSES

February [02/27 - 03/01]	27; 4:30pm - 8:30pm
	28; 4:30pm - 8:30pm
	01; 8:00am - 5:00pm
March [03/13 - 03/15]	13; 4:30pm - 8:30pm
	14; 4:30pm - 8:30pm
	15; 8:00am - 5:00pm

