

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 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 \$350

***non-refundable**

FULL CERTIFICATION COURSES

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

