

# 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

**April**

[04/15 - 04/17]

15; 10:00am - 5:00pm

16; 10:00am - 5:00pm

17; 10:00am - 5:00pm

**May 1**

[05/07 - 05/10]

07; 4:30pm - 8:30pm

08; 4:30pm - 8:30pm

09; 4:30pm - 8:30pm

10; 8:00am - 5:00pm

**May 2**

[05/21 - 05/24]

21; 4:30pm - 8:30pm

22; 4:30pm - 8:30pm

23; 4:30pm - 8:30pm

24; 8:00am - 5:00pm

# SPRING 2025 LIFEGUARD CLASSES



GREENSBORO AQUATIC CENTER

