

# 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.greensboroquaticcenter.com\*\***

## Price \$350

**\*non-refundable**

## FULL CERTIFICATION COURSES

**April**  
[04/23 - 04/26]

23;	4:30pm - 8:30pm
24;	4:30pm - 8:30pm
25;	4:30pm - 8:30pm
26;	8:00am - 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

