

SPRING 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 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 \$200

***non-refundable**

RECERTIFICATION COURSES

May	01; 4:30pm - 8:30pm
[05/01 - 05/03]	02; 4:30pm - 8:30pm
	03; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER

