

SUMMER 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

June	03; 4:30pm - 8:30pm
[06/03 - 06/05]	04; 4:30pm - 8:30pm
	05; 4:30pm - 8:30pm

August	05: 10:00am - 5:00pm
(08/05 - 08/07)	06: 10:00am - 5:00pm
	07: 10:00am - 5:00pm



GREENSBORO AQUATIC CENTER

