

# 2025 LIFEGUARD RECERTIFICATION 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](http://www.greensboroaquaticcenter.com)\*\***

**Price \$200**

**\*non-refundable**

## RECERTIFICATION COURSES

**October**

[10/16 - 10/18]

16; 4:30pm - 8:30pm

17; 4:30pm - 8:30pm

18; 8:00am - 5:00pm

**December**

(12/11 - 12/13)

11; 4:30pm - 8:30pm

12; 4:30pm - 8:30pm

13; 8:00am - 5:00pm



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