

2026 WINTER FULL **LIFEGUARD** CLASSES

FULL CERTIFICATION COURSES

January
(01/21 - 01/24)

21; 4:30pm - 8:30pm

22; 4:30pm - 8:30pm

23; 4:30pm - 8:30pm

24; 8:00am - 5:00pm

March
[3/11 - 03/14]

11; 4:30pm - 8:30pm

12; 4:30pm - 8:30pm

13; 4:30pm - 8:30pm

14; 8:00am - 5:00pm

Price \$350

**non-refundable*

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**



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