

2026 WINTER LIFEGUARD RECERTIFICATION CLASSES

RECERTIFICATION COURSES

January
[01/22 - 01/24]
22; 4:30pm - 8:30pm
23; 4:30pm - 8:30pm
24; 8:00am - 5:00pm

February
(02/05 - 02/07)
05: 4:30pm - 8:30pm
06: 4:30pm - 8:30pm
07: 8:00am - 5:00pm

March
(03/26 - 03/28)
26: 4:30pm - 8:30pm
27: 4:30pm - 8:30pm
28: 8:00am - 5:00pm

Price \$200

***non-refundable**

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**



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