

# 2026 SPRING FULL LIFEGUARD CLASSES

## FULL CERTIFICATION COURSES

**April**  
[04/15 - 04/18]  
15; 4:30pm - 8:30pm  
16; 4:30pm - 8:30pm  
17; 4:30pm - 8:30pm  
18; 8:00am - 5:00pm

**May**  
[05/06 - 05/09]  
06; 4:30pm - 8:30pm  
07; 4:30pm - 8:30pm  
08; 4:30pm - 8:30pm  
09; 8:00am - 5:00pm

**May**  
[05/27 - 05/30]  
27; 4:30pm - 8:30pm  
28; 4:30pm - 8:30pm  
29; 4:30pm - 8:30pm  
30; 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 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)\*\*

