

# 2026 SPRING LIFEGUARD RECERTIFICATION CLASSES

## RECERTIFICATION COURSES

**April**                    23; 4:30pm - 8:30pm  
[03/23 - 03/25]        24; 4:30pm - 8:30pm  
                                 25; 8:00am - 5:00pm

**May**                     21; 4:30pm - 8:30pm  
(05/21 - 05/23)        22; 4:30pm - 8:30pm  
                                 23; 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](http://www.greensboroaquaticcenter.com)\*\***



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