

National Lifeguard (NL) Recertification

The National Lifeguard certification is current for 2 years and is recertified by completing a National Lifeguard recertification. We will be offering one National Lifeguard recertification this session.

Saturday, May 11th 1:00-6:00pm

Cost: \$50.00

Come prepared to perform the mandatory physical standards such as *object recovery*: 15 meter approach of a 20lb brick, *sprint challenge*: swim 50 m head-up within 60 seconds and the *endurance challenge*: swim 400 meters within 10 minutes.

