



# Lifeguard Training

## LEHI LEGACY CENTER LIFEGUARD TRAINING February 2013

*Become American Red Cross Lifeguard Certified!*

Do you want to become a lifeguard?  
Come sign up to take the course.  
Course pre-requisites: 1. Must be at least 15 years old by the last day of class. 2. Must pass the pretest on the first day of class. The pretest is a 300 yard swim (100 yards freestyle/front crawl, 100 yards breaststroke, 100 yards freestyle or breaststroke), 25 yard swim to deep

end to retrieve a 10 lb. brick and swim back to shallow end, and tread water adequately for 2 minutes. Lifeguarding, First Aid, CPR and AED Certifications included in the class.

### CLASS

February 11, 13, 16, 18, 20,  
23, 25, 27 March 2



### ×QUICK FACTS

What ..... Lifeguard Training  
Where ..... Lehi Legacy Center Pool  
Who ..... Anyone 15yrs or Older  
When ..... Feb 11, 18, 25,(6-9pm) Feb 13, 20, 27 (5-9pm) Feb 16, 23 March 2 (10am-1pm)  
Fees..... \$160 (Manual & Mask Included, \$10 non-refundable fee for pretest.)

### REGISTRATION

Class space is limited, sign up now!  
Registration Office open Mon-Fri 8am-6pm or on-line @[www.lehi-ut.gov](http://www.lehi-ut.gov)

### INFORMATION

For more information contact Legacy front desk @ 801-768-7124



Lehi Legacy Center  
123 N Center St.  
801-768-7124

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Post until 2/19/13