



Lifeguard Training

LEHI LEGACY CENTER LIFEGUARD TRAINING March 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

March 11, 13, 15, 18, 20, 22, 25, 27, 29



×QUICK FACTS

What Lifeguard Training
 Where Lehi Legacy Center Pool
 Who Anyone 15yrs or Older
 When March 11, 15, 18, 22, 25, 29 (6-9pm) March 13, 20, 27 (5-9pm)
 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

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