



Lifeguard Training

LEHI LEGACY CENTER LIFEGUARD TRAINING March 2014

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 10, 12, 14, 17, 19, 21, 24, 26, 28



×QUICK FACTS

What Lifeguard Training
Where Lehi Legacy Center Pool
Who Anyone 15yrs or Older
When March 10, 12, 14, 17, 19, 21, 24, 26, 28 (5pm-9pm)
Fees..... \$160 (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 3/28/14