



# LIFEGUARD TRAINING

SPRING 2016

## QUICK FACTS

WHERE .....Lehi Legacy Center  
 WHO .....Anyone 15yrs or Older  
 WHEN .....See chart  
 TIME .....times vary  
 FEES .....\$200 (Mask included, \$10 non-refundable fee for per-test)

## LIFEGUARD TRAINING

### *with administering emergency oxygen course*

Do you want to become a lifeguard? Come take our course here at the Legacy Center. This training is certified through the American Red Cross.

CLASS	DATES	TIMES	REG. STARTS
Class #1	Feb. 8 -12, 15 -19	5:30-9:30 p.m.	Jan. 19
	Feb. 13	9:00 a.m.-1 p.m.	
Class #2	March 7-11, 14-18	5:30-9:30 p.m.	Feb. 8
	March 12	10:00 a.m.-2 p.m.	
Class #3	April 11-15, 18-22	5:30-9:30 p.m.	March 7
	April 16	9:00 a.m.-1 p.m.	

## REGISTRATION

Register at the Legacy Center Back Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center).

*Fee includes CPR mask \$10 non-refundable for pre-test.*

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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Follow us on Twitter!  
[www.twitter.com/legacycenter](http://www.twitter.com/legacycenter)

## PARTICIPATION REQUIREMENTS

In order to participate in the Lifeguard Training Program you must:

- Must be at least 15 years old by the last day of class.
- 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, AED and Administering Emergency Oxygen Certifications included in the class.

## ADDITIONAL INFORMATION

If you need additional information please contact 385-201-2316.

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



# RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.