



LIFEGUARD TRAINING

WINTER 2022

QUICK FACTS

WHERELehi Legacy Center
 WHOAnyone 15yrs or Older
 WHENSee chart
 TIMEtimes vary
 FEES\$200 (Mask included, \$10 non-refundable fee for pre-test)

RED CROSS 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	Jan. 31, Feb 1-4, 7-11,	5:30p.m.-9:30p.m.	Jan. 8
	February 5	9:00 a.m.-1:00p.m.	
Class #2	Feb. 28, Mar 1-4, 7-11	5:30 p.m.-9:30p.m.	Feb. 8
	March 5	9:00 a.m.-1:00p.m.	

REGISTRATION

Register at the Legacy Center Registration Office during normal business hours or online at 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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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 385-201-2320.

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.