



LIFEGUARD TRAINING

APRIL 2025

QUICK FACTS

WHERELehi Legacy Center
 WHOAnyone 15yrs or Older
 WHENSee chart
 TIMEtimes vary
 FEES\$210 (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.

*** THIS IS A BLENDED LEARNING COURSE (Reg. begins March 3)**

CLASS	DATES	TIMES	LOCATION
Class 1	March 31-April 4	9:00 a.m.-3:00 p.m.	Legacy Center
	April 5	9:00 a.m.-12:00 p.m.	AF Fitness Center
	April 5	1:00 p.m.-5:00 p.m.	Legacy Center

REGISTRATION

Registration Starts: March 3

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 swim tread swim sequence with 150 yard swim followed by a two minute tread and finish with another 50 yard swim. A mixture of front crawl or breaststroke are used. A 25 yard swim to deep end to retrieve a 10 lb. brick and swim back to shallow end. Lifeguarding, First Aid, CPR, AED and Administering Emergency Oxygen certifications included in the class.
- This is a Blended Learning Course so some work is done on-line before the first class.

*ADDITIONAL INFORMATION

If you need additional information please contact 385-201-2320. This blended learning course includes an on-line portion and an instructor-led classroom skills session. The on-line portion must be completed before attending the in-class portion. Most learners complete the on-line portion in approximately (7 hours).

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.