



# LIFEGUARD TRAINING

MAY 2026

## QUICK FACTS

WHERE .....Lehi Legacy Center  
 WHO .....Anyone 15yrs or Older  
 WHEN .....See chart  
 TIME .....times vary  
 FEES .....\$215 (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 CLASS 1

DATES	TIMES	LOCATION
May 22 (Pre-course)	4:00 p.m.-5:00 p.m.	Legacy Center
May 26-29	10:00 a.m.-3:00 p.m.	Legacy Center
May 30	7:00 a.m.-12:00 p.m.	Outdoor Pool
May 30	1:00 p.m.-5:00 p.m.	Legacy Center

## REGISTRATION

### Registration Starts: April 18

Register at the Legacy Center Registration 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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## 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](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS  
 Monday-Friday  
 8 a.m. to 6 p.m.  
 or register online.