



LIFEGUARD TRAINING

DECEMBER 2024

QUICK FACTS

WHERE LLC - Legacy Center
 AFRC - AF Rec Center
 WHO Anyone 15yrs & Up
 WHEN See chart
 TIME Times Vary
 FEES \$210 (Mask included,
 \$10 non-refundable)

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.

SESSION 1

CLASS DATES	TIMES	LOCATION
Dec 23	4:00 p.m. - 5:00 p.m.	LLC
Dec 26, 27, 28, 30, 31, Jan 3, 4	10:00 a.m.- 3:00p.m.	LLC
Dec 30 & Jan 2	12:00 p.m.- 3:00p.m.	AFFC

REGISTRATION

Registration Starts December 2, 2024
 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.

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.