



LIFEGUARD TRAINING

MAY 2024

QUICK FACTS

WHERELehi Legacy Center
 WHOAnyone 15yrs or older
 WHENSee chart
 TIMEtimes vary
 FEES\$205 (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	DATES	TIMES	REG. STARTS
Pre-course	May 24	4:00 - 5:00 p.m. LLAC	April 22
Course	May 28-June 1	10:00 a.m.-3:00 p.m. LLAC	

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.
- 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. Some class instruction will be held at the Lehi Outdoor Pool. This could affect class time.

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.