



# LIFEGUARD TRAINING

WINTER 2025

## QUICK FACTS

WHERE .....Lehi Legacy Center  
 WHO .....Anyone 15yrs & Up  
 WHEN .....See chart  
 TIME .....Times 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.

CLASS	DATES	TIMES	REG. STARTS
Class 1	Jan. 27- 31, Feb. 3-7 Feb. 1	5:30p.m.- 9:30p.m. 9:00 a.m.- 1:00p.m.	Jan. 6
Class 2	Feb. 24-28, March 3-7 March 1	5:30 p.m.- 9:30p.m. 9:00 a.m.- 1:00p.m.	Jan 27

## REGISTRATION

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.

## 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](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.

Post Until March 2025