

LIFEGUARD TRAINING

DECEMBER 2026

QUICK FACTS

WHERE ..... Lehi Legacy Center
WHO ..... Anyone 15yrs & Up
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.

CLASS	DATES	TIMES	REG. STARTS
Class 1	Dec. 21, 22, 23, 28, 29, 30	9 a.m. - 3 p.m.	Nov. 21
Class 2	Dec. 31	9 a.m. - 1 p.m. 1 p.m. - 5 p.m.	Nov. 21

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.*

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.

MORE INFORMATION

For more information contact the Legacy Center Front Desk at 385.201.2000.

Like us on Facebook!
www.facebook.com/lehilegacycenter

Follow us on Instagram!
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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

LEHI CITY RECREATION

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

Post Until December 2026