

Layton Surf 'n Swim Lifeguard Certification Course

Where: Layton Surf 'n Swim
465 N Wasatch Dr.
801-336-3939

When: Pre-Test – April 11th, 2017 @ 7:00 PM
Classes – April 22nd – May 13th, 2017
Tues/Thurs 6-9:30 PM, Sat 12 – 5 PM
Exception Mon May 8th at Clearfield to do deep water retrievals



Pre-requisite: Must be 15 years of age before the end of classes on May 13, 2017

Pre-test consists of the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Swim using the front crawl, breaststroke and a combination of both, swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Hands must be placed in the armpits
3. Complete a timed brick swim. Starting in the water, swim 20 yards. Swim goggles may not be used. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water.

Includes: Use of manuals and materials for class; Certification (upon successful completion)

Non-refundable Deposit: \$10.00 to reserve your spot in pretest / class
Remaining: \$150.00 due by 1st day of class April 22nd
Total Costs: \$160.00 total

Class size is limited reserve your spot early! Minimum of 6 people required to hold class.

100% attendance is required for certification.

