

# Layton Surf 'n Swim Lifeguard Certification Course

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

When: Pre-Test–Saturday January 12, 2019@ 9am  
Classes – January 15 – Feb 2nd, 2019  
Tues/Thurs 6-9:30 PM, Sat 12 – 5 PM



Pre-requisite: Must be 15 years of age before the end of classes on February 2nd, 2019

**Pre-test consists of the following:**

1. Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 100 yards of breaststroke.
  - 100 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.
2. Tread water for 2 minutes using only the legs. Hands must be placed in the armpits
3. Complete a timed brick swim. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet and retrieve a 10-pound object, return to the surface, and swim back to the starting point swimming on your back carrying the brick with both hand on it. Exit the water without using a ladder or steps, within 1 minute, 30 seconds.

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: \$180.00 due by 1<sup>st</sup> day of class Jan.15, 2019  
Total Costs: \$190.00 total

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

**100% attendance is required for certification.**



**Visit the website or come to Surf N Swim to register now!**

Surf 'n Swim Phone: 801-336-3939 | [www.laytoncity.org/lc/surfnswim](http://www.laytoncity.org/lc/surfnswim)

465 North Wasatch Drive, Layton, UT 84041 | [www.Facebook.com/LaytonCity](https://www.facebook.com/LaytonCity)

