



**Free!!!** **LIFEGUARD AND SWIM INSTRUCTOR TRAINING CLASSES**

@slco\_lifeguards

[www.recreation.slco.org](http://www.recreation.slco.org)

Come Lifeguard for Salt Lake County, where you get paid to train! We are investing in having the best aquatics staff around. Please contact one of our Aquatics Coordinators about this opportunity. Just follow these easy steps: 1. Schedule a pre-test with a pool coordinator. 2. Complete new-hire paperwork. 3. Complete a training class (all materials provided).

Lifeguard:

Location	Dates	Class Days	Class Times
*STEINER WEST (SMCC)	April 28-29	F/Sat	4pm - 8pm, 8am - 4pm
*NORTHWEST	May 5-6	F/Sat	4pm - 8pm, 8am - 4pm
*FAIRMONT	May 8-19	M/W/F	4pm - 9pm
*MAGNA/SMCC	May 5-15	M/W/F	4-8pm or 5-9pm
*STEINER WEST (SMCC)	May 12-13	F/Sat	4pm - 8pm, 8am - 4pm
TAYLORSVILLE	May 8-13	M - Sat	4pm - 8pm, 9am - 5pm
*NORTHWEST	May 26-27	F/Sat	4pm - 8pm, 8am - 4pm
*FAIRMONT	June 5-19	M/W/F	4pm - 9pm
TAYLORSVILLE	June 12-17	M - Sat	4pm - 9pm
*Blended learning online assignments must be completed prior to beginning of class.			

Instructor:

Location	Dates	Class Days	Class Times
FAIRMONT	May 15-31	M/W	4pm - 9pm
TAYLORSVILLE	May 15 - June 3	M/W/F/Sat	4 - 8pm. 9 - 5pm
MAGNA	May 30 - June 2	Tues-Fri	9 - 11:30 am
TAYLORSVILLE	May 29 - June 3	M/W/F/Sat	4 - 8pm. 9 - 5pm
NORTHWEST	June 13 - 24	T/TH/Sat	3 - 7pm, 9a - 2pm

- LIFEGUARD TRAINING CLASS PRE-REQUISITES:  
Must be 15 years old by last day of class and show proof on first day of work  
Must pass pre-test (see below), attend all class times, and complete on-line training as required.
- LIFEGUARD TRAINING PRE-TEST  
Swim 100 yards Freestyle or Breaststroke (50 yards head-above-water, 50 yards with Rescue tube)  
Retrieve 10-pound brick from deep water. Tread water for 1 minute using legs only.
- SWIM INSTRUCTOR TRAINING CLASS PRE-REQUISITES:  
Must be 15 years old by last day of class and show proof on first day of work  
Must be able to perform the skills that the instructor will be required to teach.