

WANT TO BE A LIFEGUARD?

RLSS NATIONAL POOL LIFEGUARD QUALIFICATION

Leon Leisure Centre will be holding NPLQ course on the below:

TIMES: 9am to 6pm daily

COURSE DATES

13th-18th February 2012

2nd-4th April 2012

11th-13th April 2012

30th June 2012

1st , 7th, 8th, 14th, 15th July 2012

12th-17th August 2012

October dates to be confirmed

The cost of the course is £215 which includes all course materials, tuition fees and examination fees

The RLSS National Pool Lifeguard Qualification is the most widely recognised qualification in the UK and will provide you with the opportunity for employment at most swimming pools.

Prerequisites:

All candidates must be aged 16 year or over on the start date of the course and be able to meet the following fitness criteria:

Jump or dive into deep water

Swim 50 metres in 60 seconds

Swim 100 metres continuously on back and front stroke

Tread water for 30 seconds

Surface dive to a depth of 1.8 metres

Climb out of a pool unaided

For further information please contact

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