



National Pool Lifeguard Qualification Course

Held at **Broadlands Sports Club** (A registered A.T.C.)

Only £220 per person!

With the option of completing an additional *First Aid at Work Qualification*.

April 25 th to 29 th			
Monday to Friday (Friday is Assessment Day)	9am - 6pm	9.00am – 1.00pm 1.30pm – 3.00pm 3.30pm – 6.00pm	Classroom 1 Pool Time Classroom 2



The National Pool Lifeguard Qualification (NPLQ) is the most widely recognized lifeguard qualification in the UK & Ireland and is a requirement for most lifeguarding jobs in the country.

The core course duration is 36 hours and once completed, candidates will be fully qualified to work as a pool lifeguard in the UK.

Requirements for qualification



- You must be 16+ years of age at the time of taking the NPLQ assessment.
- You must be able to jump / dive into deep water, swim 50 metres in less than 60 seconds, swim 100 metres continuously on front and back in deep water, tread water for 30 seconds, surface dive to the floor of the pool and climb out unaided without either ladder or steps and where the pool design permits.

**To find out more Information or to book your place,
[please contact Liam on 07799 261203.](#)**