

## National Pool Lifeguard Qualification (NPLQ)

Think you've got what it takes to become a lifeguard. Then this is the course for you.

The National Pool Lifeguard Qualification is a nationally recognised qualifications which allows you to work on poolside, candidates must be 16 yrs plus and strong swimmers.

Instructor based course with an exam at the end of course.

You must be able to meet the following basic fitness criteria:

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

Swim test can be made available prior to booking, contact centre reception.

The Lasswade Centre				
Day	Date	Time	Age	Cost
Mon - Sat	15 to 20 July	Mon-Fri 8am – 5pm Sat (exam) 8am – 12 noon	16yrs+	£255.00 Adult £221.00 concession
Booking Instructions		For further information or to book a place contact The Lasswade Centre reception on 0131 271 4533 Course fees must be paid before the course starts by Sunday 01 <sup>st</sup> July 2019. Courses are NON-REFUNDABLE		
The Loanhead Centre				
Day	Date	Time	Age	Cost
Mon - Sat	29 July to 03 <sup>rd</sup> Aug	Mon-Fri 8am – 5pm Sat (exam) 8am – 12 noon	16yrs+	£255.00 Adult £221.00 concession
Booking Instructions		For further information or to book a place contact The Loanhead Centre reception on 0131 444 9033 Course fees must be paid before the course starts by Sunday 15th July 2019. Courses are NON-REFUNDABLE		