

# NATIONAL POOL LIFEGUARD QUALIFICATION

Run by qualified RLSS trainer/assessor, Dennis Shannon

## COURSE PRE-REQUISITES

Every candidate attending a NPLQ course must be 16-years-old at the time of taking the NPLQ final assessment and 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
- Climb out unaided without ladder / steps and where the pool design permits

Course can be subsidised for LWB volunteers in return for hours worked

[www.lovewithingtonbaths.com](http://www.lovewithingtonbaths.com)

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**£230\***  
for 5 day  
intensive  
course

**9-13 APR '18**  
8.30-5.30

**OPEN TO ALL 16+**  
**TO BOOK / FOR MORE**  
**INFO, CONTACT**  
[lisa@lovewithingtonbaths.com](mailto:lisa@lovewithingtonbaths.com)

