

Course Start Date: Monday 10th April 2017
Time: 8.30am - 6.00pm
Course Duration: 5 consecutive days
Exam Date: Friday 14th April 2017
Venue: The Junction Sports & Leisure Centre
Station Approach, Broadstone BH18 8AX



Course Information:

- All applicants need to be over 16 years old on the day of assessment.
- Swim 50m in less than a minute.
- Swim 100m continuously on your front then 100m on your back.
- In deep water, tread water for 30 seconds.
- Surface dive to the deepest part of the pool.
- Climb out of the pool unaided.



NATIONAL POOL LIFEGUARD QUALIFICATION

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