



NATIONAL POOL LIFEGUARD QUALIFICATION

Monday 30th October – Sunday 5th November at
Colwyn Leisure Centre

Do you want to become a qualified lifeguard?

Course costs £275 which includes Defibrillator and Pool Extraction Board bolt on

Candidates must be 16 years of age or older before the assessment date of the course. Full payment must be made before commencement of the course. 100% of attendance is required, failure to attend will prevent candidate from being assessed.

For more information contact:

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Tel: 01492 577901/577902

Pre-Course Test

- Jump into deep water confidently.
- Swim 50m under 60 seconds.
- Must be able to swim 100m front crawl and 100, backstroke continuously.
- Tread water for 30 seconds
- Surface dive to a depth of up to 1.8 metres.
- Climb out Unaided.

gwella iechyd - mwynhau bywyd improving health - enjoying life