

National Pool Lifeguard Qualification



ROYAL
LIFE SAVING
SOCIETY UK
www.rlss.org.uk

**Course Commences Sunday 27th November
at Kelly College, Tavistock weekends and evenings as follows:**

Pre-requisites

- Candidates must be 16 years old at the start of the course
- Swim 50m in less than 60 seconds
- Swim 100m continuously on front and back in deep water
- Tread water for 30 seconds
- Surface dive to the bottom of the pool
- Climb out unaided without using a ladder or steps

Sun 27th Nov	10am-4pm
Sat 3rd Dec	9am-6pm
Sun 4th Dec	9am-6pm
Mon 5th Dec	6pm-9pm
Weds 7th Dec	6pm-9pm
Fri 9th Dec	6pm-9pm
Sat 10th Dec	10am-4pm

The course consists of 2 units

- 1 The principals of lifesaving and swimming pool supervision
- 2 The application of supervision and rescue in a swimming pool

**Course cost £220
including manual**

**Candidates must attend all sessions
with an exam on Sat 10th December**



For further information call 01822 616235
email kellyenterprises@kellycollege.com
or visit www.kellyswimmingpool.com