

First Aid
qualification for
additional £10



National Pool Lifeguard Qualification Course

The National Pool Lifeguard Qualification (NPLQ) is the national qualification widely accepted as the minimum qualification for the role of lifeguard in swimming pools.

The course is made up of two units:

Unit 1 – The Principles of Supervision;

Unit 2 – The Application of Supervision and Rescue in a Swimming Pool.

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| Course dates: | 11th - 15th Feb (8.00am-5.00pm), 16th Feb (9.30am-2.30) |
| Course venue: | Victory Swim & Fitness Centre |
| Course cost: | £225 |
| Booking contact: | Nick Jones |

Course pre-requisites:

Applicants must be competent to jump/dive into deep water, swim 50 metres in no more than 60 seconds, swim 100 metres continuously on front and back, tread water for 30 seconds in deep water, surface dive to the deepest part of the pool and climb out of the pool unaided without using steps or ladder.

Additional Emergency First Aid and AED Courses may be available, please use the contact details above for more information.

Bookings must be made in advance. Please use the contact details above to make a booking or for further details.



Terms and conditions apply

Managed by DC Leisure Management Ltd on behalf of North Norfolk District Council