



Do you want to be a lifeguard?

National Pool Lifeguard Qualification

Arena Leisure Centre

Grand Avenue (Just off the A30)

Camberley

01276 417111

www.arenaleisurecentre.co.uk

Courses running throughout the year



The National Pool Lifeguard Qualification (NPLQ) is a nationally recognised qualification which is required to work as a lifeguard in swimming pools. The course teaches the principles of lifesaving, water rescue skills, CPR & first aid.

Candidates must be 16 years and over and be able to: jump / dive into deep water; swim 200m on their front and back at a reasonable level; swim 50m in no more than 60 seconds; surface dive to the floor of the pool; and tread water for 30 seconds in deep water.

For further information please contact reception.

Call **01276 417111** or

email enquiries@arenaleisurecentre.co.uk