



Training Courses Wandsworth 2011

Are you equipped to save a life?

Balham Leisure Centre
020 8772 9577

Latchmere Leisure Centre
020 7207 8004

Putney Leisure Centre
020 8785 0388

Roehampton Sport and Fitness Centre
020 8785 0535

Tooting Leisure Centre
020 8333 7555

Wandle Recreation Centre
020 8871 1149

DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009

 **kinetika**
fitness


Wandsworth

Managed by DC Leisure on behalf of Wandsworth Council

Training timetable

	January	February	March	April	May	June	July	August
Monday								1
Tuesday		1	1					2
Wednesday		2	2			1 NPLQ ^		3 BLS =
Thursday		3	3			2 NPLQ ^		4
Friday		4	4	1		3 NPLQ ^	1	5
Saturday	1	5 EFAW +	5 NRASTC =	2		4 NPLQ ^	2	6
Sunday	2	6	6 NRASTC =	3	1	5	3	7
Monday	3	7	7	4	2	6	4	8 NPLQ *
Tuesday	4	8 BLS =	8	5 BLS *	3	7	5	9 NPLQ *
Wednesday	5 BLS *	9	9	6	4	8	6	10 NPLQ *
Thursday	6	10	10 BLS +	7	5	9	7	11 NPLQ *
Friday	7	11	11	8	6	10	8 BLS *	12 NPLQ *
Saturday	8 EFAW /	12 PFAW ^	12	9 PFAW #	7 NRASTC #	11 PFAW =	9	13 NPLQ *
Sunday	9	13 PFAW ^	13	10 PFAW #	8 NRASTC #	12 PFAW =	10	14
Monday	10 NPLQ *	14	14	11 NPLQ #	9	13 BLS +	11	15
Tuesday	11 NPLQ *	15	15	12 NPLQ #	10 BLS =	14	12	16 BLS ^
Wednesday	12 NPLQ *	16	16	13 NPLQ #	11	15	13	17
Thursday	13 NPLQ *	17	17	14 NPLQ #	12	16	14	18
Friday	14 NPLQ *	18	18	15 NPLQ #	13	17	15	19
Saturday	15 NPLQ *	19	19	16 NPLQ #	14 EFAW *	18	16 NRASTC *	20 EFAW +
Sunday	16	20	20	17	15	19	17 NRASTC *	21
Monday	17	21 NPLQ =	21	18	16	20	18	22 NPLQ #
Tuesday	18	22 NPLQ =	22	19	17	21	19	23 NPLQ #
Wednesday	19	23 NPLQ =	23	20	18	22	20	24 NPLQ #
Thursday	20	24 NPLQ =	24	21	19 BLS ^	23	21 BLS #	25 NPLQ #
Friday	21	25 NPLQ =	25	22	20	24	22	26 NPLQ #
Saturday	22 NRASTC ^	26 NPLQ =	26 EFAW ^	23	21	25 EFAW #	23 EFAW /	27 NPLQ #
Sunday	23 NRASTC ^	27	27	24 EFAW =	22	26	24	28
Monday	24	28 BLS	28	25	23	27	25	29
Tuesday	25		29 BLS /	26	24	28	26	30
Wednesday	26		30	27	25	29	27	31
Thursday	27 BLS #		31	28 BLS #	26	30 BLS /	28	
Friday	28			29	27		29	
Saturday	29			30	28		30	
Sunday	30				29		31	
Monday	31				30 NPLQ ^			
Tuesday					31 NPLQ ^			

September	October	November	December
		1	
		2	
1		3	1
2		4	2
3 NRASC =	1 PFAW +	5	3 NRASC +
4 NRASC =	2 PFAW +	6	4 NRASC +
5	3	7	5
6	4	8	6 BLS +
7	5	9 BLS =	7
8 BLS +	6	10	8
9	7 BLS *	11	9
10 EFAW ^	8	12 NRASC #	10 EFAW =
11	9	13 NRASC #	11
12	10	14	12
13	11	15	13
14	12	16	14 BLS /
15	13	17	15
16	14	18	16
17 PFAW *	15 NRASC ^	19 EFAW *	17 NPLQ ^
18 PFAW *	16 NRASC ^	20	18 NPLQ ^
19	17	21	19 NPLQ ^
20	18	22	20 NPLQ ^
21	19	23	21 NPLQ ^
22 BLS /	20	24	22 NPLQ ^
23	21	25	23
24	22 EFAW #	26 PFAW /	24
25	23	27 PFAW /	25
26	24 NPLQ =	28 BLS ^	26
27	25 NPLQ =	29	27
28	26 NPLQ =	30	28
29	27 NPLQ =		29
30	28 NPLQ =		30
	29 NPLQ =		31
	30		
	31 BLS #		

Courses Key

NPLQ	National Pool Lifeguard Qualification
EFAW	Emergency First Aid at Work (1 day)
NRASC	National Rescue Award for Swimming Teachers and Coaches
BLS	Basic Life Support
PFAW	Paediatric First Aid Course

Locations Key

*	Tooting
^	Balham
+	Wandle
#	Putney
=	Latchmere
/	Roehampton



Our first Aid at work courses cover the practical skills needed by a first aider in the modern workplace.

It is desirable for all employers to have in place the sufficient number of HSE certificate qualified first aiders as determined by risk assessment. By sending your staff on our courses you will have that cover.

Trained first aiders are a genuine business asset. Our first aid courses provide real world hands on experience, so your first aiders will really know what they are doing.

The National Pool Lifeguard Qualification (NPLQ) is the most widely recognised lifeguard qualification in the UK & Ireland and can be a recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard.

We are currently taking bookings for the:

- National Pool Lifeguard Qualification courses
- Emergency First Aid at Work
- National Rescue Award for Swimming Teachers and Coaches
- Basic Life Support
- Paediatric First Aid Courses

Enquiry Form

Please complete the form below and send directly to the centre hosting the course you wish to attend, or contact the centre directly for more information. Details can also be downloaded from our web sites.

Name:

Tel No:

Email Address:

Course Name & Date:

Centre:

All course are subject to availability and must be booked in advance.