

National Pool Lifeguard Qualification (NPLQ)

Date: 13th, 14th, 15th, 16th, 17th & 18th February 2012

(You must be able to attend all six sessions during February half term)

Time: 9.30am – approx 3.30pm

Venue: Millom Network Centre/Millom School Pool

Price: £250.00 (full payment is required upon booking)

To be able to attend this course candidates should be:

- At least 16 years of age
- Fit and healthy
- Completely confident in deep water
- Able to swim 50m in one minute or less
- Able to swim 100m on their front without pausing
- Able to dive from the surface of the water to a depth of not less than 1.5m

You will be required to bring swimwear, shorts, t-shirts, writing materials, whistle and a packed lunch on all six days.



For more information or to register your interest please call Millom Network Centre on (01229) 719650 or email to enquiries@millomnetworkcentre.co.uk