

Rhyl Leisure Centre

National Pool Lifeguard Course

National Pool Lifeguard Unit 1 and Unit 2 course will be held at Rhyl Leisure Centre from Friday 10th July 2009.

This is a 1 week intensive Course with the assessment on Saturday 18th July 2009.

Course pre requisites include:

- **Must be 16 years of age and can say yes to the following**
- **Jump / dive into deep water**
- **Swim 50 metres in less than 60 seconds**
- **Swim 100 metres continuously on front and back**
- **In deep water, tread water for at least 30 seconds**
- **Surface dive to the floor of the pool**
- **Climb out unaided without use of ladder / steps**

100% attendance is required

Course cost £200:00

Includes all relevant training materials and assessments

Places will be awarded on a first come first served basis with full payment, please contact the Leisure Centre now to book your place. Places only confirmed once full payment received. There is a £50.00 non refundable cancellation fee.

For further details please contact us on 01745 352900



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