

Enjoy Water **Safely**



ROYAL  
LIFE SAVING  
SOCIETY UK

**RLSS UK  
LIFEGUARD**

## RLSS UK National Pool Lifeguard Qualification

2nd, 3rd, 9th, 10th and 16th March 9am-6pm

Prerequisites:-

- Age 16 years or above and be able to do 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 30 seconds
- Surface dive to the floor of the pool
- Climb out unaided without ladder/steps and where the pool design permits

**Special Price  
£80**

**Worth  
8 UCAS Points**

### **Interested?**

To book your place email

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[www.rlss.org.uk](http://www.rlss.org.uk)

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