



National Pool Lifeguard Course with AED module

Dates: 25/07/16 - 30/07/16 (8.30am-5.30 pm)

Assessment: 30/07/16 (3-4 hours)

Cost: £250 (includes course book and assessment fee)

**Work opportunities are available on completion for
suitable candidates**

Requirements:

- Must be 16 years old by the start of the course
- Jump/dive into deep water
- Swim 50 metres in no more than 60 seconds (3 lengths at Chesterton Pool)
- Swim 100 metres continuously on front and back (no time limit)
- In deep water, tread water for 30 seconds
- Surface dive to the floor of the pool
- Climb out unaided without steps from deep water

Please find enrolment form on www.chestertonsportscentre.org.uk

Bookings are taken at Reception with full payment and a completed and signed enrolment form

For further enquiries please email to nbostock@chesterton.cambs.sch.uk

