



National Pool Lifeguard Qualification



NOW BOOKING

Friday	10th Feb	6pm-10pm	Friday	17th Feb	6pm-10pm
Saturday	11th Feb	9am-6pm	Saturday	18th Feb	9am-6pm
Sunday	12th Feb	9am-6pm	Sunday	19th Feb	8.30-2pm

Exam Sunday 19th Feb 2.30pm

Pre-entry requirements:

- Minimum Age at start of course: 16 years.
- Ability to swim 50m in < 60secs.
- Swim 100m on the front then on the back.
- Jump or dive to deepest part of pool & Climb out of pool unaided.
- Tread water for 30 secs.

Course Fees: €350.00

Deposit of €100 MUST be paid before 4th of February

Application Forms available from Reception

057-8645800. www.portarlingtonleisurecentre.ie