

Course Information Sheet

The Riverside Health & Racquets Club Chiswick

National Pool Lifeguard Qualification (7th Edition)



This is the RLSS National Pool Lifeguard Qualification Course. Please find below details of the next available courses:

Course dates: 2010

Monday 15th to Friday 19th February 2010

Time: 8.00 a.m. – 5.30 p.m.

Venue: Riverside Health & Racquets Club Duke's Meadows, Chiswick, London, W4 2SX

Course Cost: £200.00 members and £235.00 non-members

£100.00 Deposit and Balance of £100.00 or £135.00 on the day the Course Starts.

Pre-requisites: You must be able to do the following:-

- ✓ Swim 50m in less than 1 minute
- ✓ Swim 100m continuously on the front then on the back (total 200m)
- ✓ Tread water in deep water for more than 30 seconds
- ✓ Climb out of the pool unaided, without using the steps or a ladder

For your information this course is delivered in English.

Please find enclosed an application form for you to complete and return with your Deposit (cheques payable to **RP Training**.) as soon as possible if you are interested in one of the above courses.

Please note your place is not confirmed until payment has been received. Once the place on the course has been paid for there will be no refund under any circumstances without a medical certificate produced prior to the start of the course.

For further details Contact Ray Papps Tel: 07899 982079
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