



COURSE PROGRAMME 2018

National Pool Lifeguard Qualification (NPLQ) with First Aid at Work (FAW) – A combined course of the nationally recognised qualifications from the Royal Life Saving Society (RLSS), for those candidates who wish to become a pool lifeguard, and Level 3 First Aid at Work.

National Rescue Award for Swimming Teachers & Coaches (NRASTC) – A nationally recognised qualification from the RLSS for swimming teachers who are responsible for the safe supervision of pool-based programmes and aquatic activities.

COURSE	DATES	BOOKING CLOSING DATE
NRASTC new	Sat. 27 th & Sun. 28 th Jan	Fri. 5 th Jan
NRASTC renewal	Sun. 4 th Feb	Fri. 12 th Jan
NPLQ	Mon. 12 th – Fri. 16 th Feb	Fri. 19 th Jan
NRASTC new	Sat. 17 th & Sun. 18 th Mar	Fri. 23 rd Feb
NPLQ	Mon. 9 th – Fri. 13 th April	Fri. 16 th Mar
NRASTC new	Sat. 12 th & Sun. 13 th May	Fri. 20 th April
NPLQ	Tue. 29 th May – Sat. 2 nd June	Fri. 4 th May
NRASTC renewal	Sun. 10 th June	Fri. 18 th May
NRASTC new	Sat. 14 th & Sun. 15 th July	Fri. 22 nd June
NPLQ	Mon. 30 th July – Fri. 3 rd Aug	Fri. 6 th July
NPLQ	Mon. 20 th – Fri. 24 th Aug	Fri. 27 th July
NRASTC renewal	Sun. 16 th Sept	Fri. 24 th Aug
NRASTC new	Sat. 6 th & Sun. 7 th Oct	Fri. 14 th Sept
NPLQ	Mon. 22 nd – Fri. 26 th Oct	Fri. 28 th Sept
NRASTC renewal	Sun. 25 th Nov	Fri. 2 nd Nov
NRASTC new	Sat. 1 st & Sun. 2 nd Dec	Fri. 9 th Nov