

COURSE PROGRAMME 2022

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 Teacher & 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 Renewal | Sun 9th Jan | Fri 17th Dec |
| NRASTC New | Sat 15th & Sun 16th Jan | Fri 17th Dec |
| NPLQ | Mon 14th - Fri 18th Feb | Fri 21st Jan |
| NRASTC Renewal | Sun 13th Mar | Fri 18th Feb |
| NRASTC New | Sat 26th & Sun 27th Mar | Fri 4th March |
| NPLQ | Mon 4th - Fri 8th April | Fri 11th March |
| NRASTC New | Sat 25th & Sun 26th June | Fri 3rd June |
| NRASTC Renewal | Sun 3rd July | Fri 10th June |
| NPLQ | Mon 8th - Fri 12th Aug | Fri 15th July |
| NRASTC Renewal | Sun 11th Sep | Fri 19th Aug |
| NRASTC New | Sat 17th & Sun 18th Sept | Fri 26th Aug |
| NPLQ | Mon 24th - Fri 28th Oct | Fri 30th Sept |
| NRASTC New | Sat 26th & Sun 27th Nov | Fri 4th Nov |
| NRASTC Renewal | Sun 11th Dec | Fri 18th Nov |

Contact Living First Aid (01603 270582 or info@livingfirstaid.co.uk) for further details.