

## **National Pool Lifeguard Qualification.**

**Aberdeenshire Council run NPLQ courses at all of its facilities at various times. The course takes around 45 hours to complete including the end of course assessment. The times and days that the course runs will vary from site to site.**

**At present the cost of the course is £158.00 which includes all course materials.**

**The prerequisites for undertaking the training are that all candidates must be at least 16 years of age at the start of the course, and be able to:**

- Swim 100 metres continuously on front & then on back**
- Swim 50 metres in 1 minute or less**
- Jump or dive in to the pool in deep water**
- Tread water, in deep water, for 30 seconds**
- Climb out of the pool unaided, without use of steps or ladders**
- Surface dive to deepest part of pool (minimum 1.8 metres)**

**The facilities, below, operate their courses to a set timetable.**

**If you would like to be added to the waiting list for these courses, an application form can be collected from any of these facilities and Banchory Sports Centre. Staff at the facilities can also provide you with further information about course.**

**The dates shown are approximate.**

**Specific dates will be confirmed 2-3 months prior to the course running.**

<b>Deeside Swimming Pool &amp; Community Centre-Aboyne</b>	<b>Easter Holidays</b>
<b>Deeside Swimming Pool &amp; Community Centre-Aboyne</b>	<b>October Holidays</b>
<b>Alford Swimming Pool</b>	<b>June</b>
<b>Huntly Swimming Pool</b>	<b>February</b>
<b>Portlethen Swimming Pool</b>	<b>August/September</b>
<b>Stonehaven Swimming Pool*</b>	<b>Easter Holidays</b>

**\* This course is primarily to train staff for the outdoor pool. A limited number of spaces may be available to the public.**