



A course leading to the

## National Beach Lifeguard Qualification

**Dates and times:** February – March 2015.

- Saturdays 10.30am – 7.30pm
- Sundays 12.30pm – 5.00pm

On the following four weekends – 14/15 February, 21/22 February, 7/8 March, 14/15 March.

*No session weekend of 27/28 February.*

**Venue:** NSVL beach base, Whitley Bay, and Tynemouth Pool.

**Cost:** £180, includes manual, pocket mask, course materials and assessment.

**Applications:** Accepted on a first come, first served basis. Contact [james@nsvl.org](mailto:james@nsvl.org) for a course application form. £90 deposit due with application with balance due on or before first day of course.

**Prerequisites:** 16 years of age or over. Must be able to swim 400m in under 8 minutes before course starts. Optional pre-course swim test available at 6.30pm on Saturday 24 January at Tynemouth Pool.

**Further info:** Available on the NSVL web site at [www.nsvl.org](http://www.nsvl.org) or by contacting James Parkinson on the contact details above.