



**RLSS UK  
LIFEGUARD**

## **RLSS UK National Pool Lifeguard Qualification including AED**

**6 to 11 July 2026 or 3 to 8 August 2026 | 08:00 to 16:00  
£285**

Candidates must be aged 16 or above and be able to:

- Jump or dive into deep water
- Swim 50 metres in less than 60 seconds
- Swim 100 metres on your front and back
- Tread water for 30 seconds
- Surface dive to the floor of the pool
- Climb out of the pool unaided

### **Interested?**

To book your place email  
Liz Vernon on  
[vernonl@mountkelly.com](mailto:vernonl@mountkelly.com)



Achieve

**UCAS**

Tariff points