

**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

