

Enjoy Water **Safely**



ROYAL
LIFE SAVING
SOCIETY UK

**RLSS UK
LIFEGUARD**

RLSS UK National Pool Lifeguard Qualification

Millfield Swimming Pool

Dates: 4th – 9th August 2025 (Assessment: Saturday 9th August)

Attendance: 100% attendance is compulsory

Cost: £275 (includes AED specialism)

Eligibility: Applicants must be over 16 years old on the day of assessment

Course Prerequisites:

- Swim 50m in under 60 seconds
- Swim 100m continuously (on front then on back)
- Tread water for a minimum of 30 seconds
- Surface dive to the bottom of the pool
- Climb out of the pool unaided

Interested?

To book your place contact: Tom Hole

hole.t@millfieldschool.com

