

	Cost	Duration	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
National Pool Lifeguard Qualification (with first aid at work & automated external defibrillator)	£280.00	6 days				8-13 Apr	27 May - 1 June		15-20 Jul 22-27 Jul	12-17 Aug		21-26 Oct		9-14 Dec			
Renewal - National Pool Lifeguard Qualification	£50.00	½ day	3 Jan		7 Mar		2 May		4 Jul		5 Sep		7 Nov	5 Dec	9 Jan		6 Mar
RLSS National Rescue Award for Swimming Teachers & Coaches	£100.00	2 days		24-25 Feb		28-29 Apr				25-26 Aug							
Renewal - RLSS National Rescue Award for Swimming Teachers & Coaches	£75.00	2 days	27-28 Jan							4-5 Aug					26-17 Jan		
Rookie Instructor	£75.00	1 day	21 Jan		4 Mar		13 May				9 Sep				20 Jan		
Survive and Save Tutor Course	£75.00	1 day		9 Feb								4 Oct				8 Feb	
Trainer Assessor Core Units	£300.00	5 days			25-27 Mar	18-20 Apr					17-19 Sep						25-27 Mar
Trainer Assessor Core Units Day 3 Only	£100.00	1 day			27 Mar	20 Apr					19 Sep						27 Mar
TA NPLQ Specialism	£450.00	2 days			28-29 Mar						20-21 Sep						28-29 Mar
TA First Aid at Work Specialism	£250.00	1 day				23 Apr			5 Jul								
TA NRASTC Specialism	£250.00	1 day				24 Apr			6 Jul								
TA ER Pool Specialism	£250.00	1 day					8 May				11 Sep						
Trainer Assessor Course for AED	£75.00	1 day			16 Mar												15 Mar
Trainer Assessor Course for PXB	<small>book via RLSS direct</small>	1/2 day		8 Feb			4 May		13 Jul			5 Oct				7 Feb	
National Pool Management Qualification	£650.00	4 days			5-8 Mar			25-28 Jun			3-6 Sep		12-15 Nov				4-7 Mar
Emergency Pool Response	£117.00	2 days					24-25 May					11-12 Oct					
RLSS Trainer Assessor Training Day	£20.00	1 day						29 Jun									
IQL/RLSS Internal Verifier Trainer Day	FREE	1 day	17 Jan												16 Jan		
RLSS AED	£50.00	½ day	18 Jan		9 Mar						13 Sep		9 Nov		17 Jan		
First Aid at Work	£180.00	3 days	29-31 Jan			4-6 Apr	1-3 May			28-30 Aug		22-24 Oct			28-30 Jan		
Renewal - First Aid at Work	£130.00	2 days		26-27 Feb			10-11 May		9-10 Jul		27-28 Sep			6-7 Dec		25-26 Feb	
First Aid Update	£45.00	½ day	8 Jan	5 Feb	23 Mar				2 Jul		10 Sep				7 Jan		
Emergency First Aid at Work	£75.00	1 day	19 Jan		2 Mar			18 Jun			14 Sep		5 Nov		18 Jan		1 Mar
CPR and Anaphylaxis Course (Epi-pen)	£50.00	½ day	15 Jan		1 Mar										15 Jan	28 Feb	
Basic First Aid	£10.00	1 day	18 Jan		1 Mar						13 Sep		9 Nov		17 Jan	28 Feb	
Paediatric First Aid at Work	£45.00	2 days	11-12 Jan	1-2 Feb			14-15 May			2-3 Aug	24-25 Sep	13-14 Oct			10-11 Jan	4-5 Feb	
Manual Handling	£50.00	½ day	16 Jan		9 Mar		4 May				7 Sep		2 Nov		15 Jan		
Level 3 - Award in Education & Training (PTTLS)	£300.00									Online course							
Level 3 Award in Assessing (A1)	£300.00									Online course							
Level 4 Award in Internal Quality Assurance (IV)	£400.00									Online course							
Level 2 in Swimming Pool Operations	£125.00	1 day			19 Mar							15 Oct					18 Mar
Level 3 in Swimming Pool Operations	£250.00	3 days			20-22 Mar							16-18 Oct					19-21 Mar
Renewal Level 3 in Swimming Pool Operations	£112.00	1 day										19 Oct					22 Mar
Level 2 - Adapting Gym Instruction for Adolescents	£175.00	3 days															
Level 2 - Fitness Instruction (GYM)	£500.00	6 days			5-10 Mar					13-18 Aug							4-9 Mar
Level 2 - Fitness Instruction (EXERCISE TO MUSIC Specific units only)	£250.00	2 days															
Level 3 - Exercise Referral	£450.00	6 days		5-10 Feb				18-23 Jun					5-10 Nov			4-9 Feb	
Level 2 - Award in Instructing Studio Cycling	£140.00	2 days		24-25 Feb			19-20 May				1-2 Sept					23-24 Feb	
Level 2 - Instructing Circuits Sessions	£140.00	2 days															
Level 2 - Instructing Kettlebells	£100.00	1 day															
Level 2 - Instructing Suspended Movement Training (TRX)	£100.00	1 day															
Level 3 - Designing Pre and Post Natal Exercise Programmes	£350.00	2-3 days					17-18 May										
Level 3 - Personal Trainer	£1000.00	10 days						*1 4-8 June	**2 9-13 July								
Level 3 - Pilates Instructor	£700.00	6 days															
ASA Level 1 Swimming Assistant (Teaching)	£313.00	5 days		12-16 Feb			21-25 May			6-10 Aug		8-12 Oct				18-22 Feb	
ASA Level 2 Teaching Swimming	£540.00	11 days	6-26 Jan					4-15 Jun				27 Oct-	23 Nov				
Standards of Grades within LTS Pathway	£20.00	3 hrs				27 Apr	3 May	30 Jun			8 Sep	3 Oct					
Teaching Babies, Children & Adults	£20.00	3 hrs			8-1 Mar	8-16 April		8-21 Jun			8-12 Sep		8-6 Nov				
Put the Fun back into Teaching	£20.00	3 hrs															
Correction for all Strokes	£20.00	3 hrs															
Contrasting Activities	£20.00	3 hrs				3 Apr		22 Jun				2 Oct					
Coaching - Starts, Turns & Stroke Laws	£20.00	3 hrs															
Be The Best Teacher You Can Be	£20.00	3 hrs				14 Apr			2 July				16 Nov		8 Jan		
School Swimming Programmes	£20.00	3 hrs															
UK Coaching Safeguarding & Protecting Children	£34.00	½ day		3 Feb				2 Jun		11 Aug		20 Oct		17 Dec		2 Feb	
UK Coaching A Guide to Mentoring Sports Coaches	£34.00	½ day					12 May		7 Jul			6 Oct					10 Mar
UK Coaching Effective Communication: Coaching Deaf People in Sport	£34.00	½ day		17 Feb				16 Jun				15 Sept					
UK Coaching Equity in your Coaching	£34.00	½ day		10 Feb					14 Jul				17 Nov			10 Feb	
UK Coaching How to Coach Disabled People in Sport	£25.00	½ day				7 Apr							18 Nov				
IOSH Managing Safely Certificate	£280.00	4 days						11-14 Jun					26-29 Nov				
IOSH Managing Safely Certificate Update	£173.00	1 day						15 Jun					30 Nov				
NEBOSH General Certificate - NGC 1, 2 & 3	£1100.00	<small>11 Days + Exam</small>							**1 23-27 Jul	**2 20-24 Aug	5 Sept					11-15 Feb	
NEBOSH Fire Certificate	£600.00	5 days		19-23 Feb	7 Mar												
IHASCO Fire Warden (Marshall)	£10.00																
IHASCO Fire Awareness	£5.00																
IHASCO Display Screen Equipment Training	£7.50																
Legionella Training	£20.00	½ day															
PAT Training	£135.00	1 day															
Level 2 - Food Safety	£55.00	1 day			3 Mar												
Lifeguard Training / First Aid / Defib	£5.00									Ongoing Training every Wednesday 6.00am - 8.00am							

Join core units and specialism and receive a discount.

These dates are being held at different venues within SLL. Please enquire to find out which venue.