

	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)	£300.00	6 days				7-12 Apr	25-31 May		21-26 & 28	-2 Aug		27-	1 Nov	8-13 Dec			
Renewal - National Pool Lifeguard Qualification	£50.00	½ day															
RLSS National Rescue Award for Swimming Teachers & Coaches	£100.00	2 days	3-4 Jan	23-24 Feb						31	-1 Sept						
Renewal - RLSS National Rescue Award for Swimming Teachers & Coaches	£75.00	2 days	13-14 Jan		30-31 Mar					3-4 Aug			30 Nov -	1 Dec			
Rookie Instructor	£75.00	1 day		10 Feb			12 May				9 Sept						
Survive and Save Tutor Course	£75.00	1 day															
Trainer Assessor Core Units	£300.00	5 days															
Trainer Assessor Core Units Day 3 Only	£100.00	1 day															
TA NPLQ Specialism	£600.00	5 days			25-29 Mar				8-12 Jul		23-27 Sept						
TA First Aid at Work Specialism	£250.00	1 day				30 Apr											
TA NRASTC Specialism	£250.00	1 day															
TA ER Pool Specialism	£250.00	1 day															
Trainer Assessor Course for AED	£75.00	1 day			15 Mar						16 Sept						
Trainer Assessor Course for PXB	book via RLSS direct	1/2 day			14 Mar						17 Sept		8 Nov				
National Pool Management Qualification	£650.00	4 days			4-7 Mar			24-27 Jun			2-5 Sept		11-14 Nov				
Emergency Pool Response	£117.00	2 days															
RLSS Trainer Assessor Training Day	£20.00	1 day							5 Jul								
IQL/ RLSS Internal Verifier Trainer Day	FREE	1 day															
RLSS AED	£50.00	½ day	17 Jan														
First Aid at Work	£180.00	3 days	28-30 Jan			3-5 Apr				28-30 Aug		2-4 Oct					
Renewal - First Aid at Work	£130.00	2 days		25-26 Feb				8-9 Jun						3-4 Dec			
First Aid Update	£45.00	½ day	7 Jan														
Emergency First Aid at Work	£75.00	1 day	18 Jan		1 Mar	1 Apr			15 Jul		6 Sept		4 Nov				
CPR and Anaphylaxis Course (Epi-pen)	£50.00	½ day	15 Jan	28 Feb	13 Mar	18 Apr			16 Jul			24 Oct	23 Nov				
Basic First Aid	£10.00	1 day		28 Feb													
Paediatric First Aid at Work	£60.00	2 days	10-11 Jan	4-5 Feb		25-26 Apr	13-14 May		18-19 Jul		14-15 Sept	21-22 Oct		5-6 Dec			
Manual Handling	£50.00	½ day	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			18 Mar							14 Oct					
Level 3 in Swimming Pool Operations	£250.00	3 days			19-21 Mar							15-17 Oct					
Renewal Level 3 in Swimming Pool Operations	£112.00	1 day			22 Mar												
Level 2 - Adapting Gym Instruction for Adolescents	£175.00	3 days															
Level 2 - Fitness Instruction (GYM)	£500.00	6 days			4-8 Mar					19-23 Aug							
Level 2 - Fitness Instruction (EXERCISE TO MUSIC Specific units only)	£250.00	2 days															
Level 3 - Exercise Referral	£450.00	6 days		4-8 Feb				17-21 Jun					18-22 Nov				
Level 2 - Award in Instructing Studio Cycling	£140.00	2 days		23-24 Feb							7-8 Sept						
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				1-3 Apr											
Level 3 - Personal Trainer	£1000.00	10 days															
Level 3 - Pilates Instructor	£700.00	6 days															
ASA Level 1 Swimming Assistant (Teaching)	£313.00	5 days		18-22 Feb			20-24 May			5-9 Aug		7-11 Oct					
ASA Level 2 Teaching Swimming	£540.00	11 days						3-14 Jun					2-29 Nov				
Standards of Grades within LTS Pathway	£20.00	3 hrs			12 Mar		16 May		6 Jul		9 Sept		22 Nov				
Teaching Babies, Children & Adults	£20.00	3 hrs	25 Jan			28 May	7 May				13 Sept			2 Dec			
Put the Fun back into Teaching	£20.00	3 hrs															
Correction for all Strokes	£20.00	3 hrs															
Contrasting Activities	£20.00	3 hrs		12 Feb			2 May				11 Sept			7 Dec			
Coaching - Starts, Turns & Stroke Laws	£20.00	3 hrs															
Be The Best Teacher You Can Be	£20.00	3 hrs	8 Jan		11 Mar		17 May		13 Jul		12 Sept		15 Nov				
School Swimming Programmes	£20.00	3 hrs				15-16 Nov				22-23 Aug							
UK Coaching Safeguarding & Protecting Children	£34.00	½ day		2 Feb		13 Apr		1 Jun				19 Oct		16 Dec			
UK Coaching A Guide to Mentoring Sports Coaches	£34.00	½ day			10 Mar							12 Oct					
UK Coaching Effective Communication: Coaching Deaf People in Sport	£34.00	½ day		16 Feb								5 Oct					
UK Coaching Equity in your Coaching	£34.00	½ day						20 Jul									
UK Coaching How to Coach Disabled People in Sport	£25.00	½ day			24 Mar							13 Oct					
IOSH Managing Safely Certificate	£280.00	4 days						17-20 Jun					18-21 Nov				
IOSH Managing Safely Certificate Update	£173.00	1 day						21 Jun									
NEBOSH General Certificate - NGC 1, 2 & 3	£1100.00	11 Days + Exam															
NEBOSH Fire Certificate	£600.00	5 days															
IHASCO Fire Warden (Marshall)	£10.00									Completed Online							
IHASCO Fire Awareness	£5.00									Completed Online							
IHASCO Display Screen Equipment Training	£7.50									Completed Online							
Legionella Training	£20.00	½ day															
PAT Training	£135.00	1 day															
Level 2 - Food Safety	£55.00	1 day															
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.