

	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, MoA & automated external defibrillator)	£300.00	6 days		16-21 Feb		4-9 Apr	23-29 May		19-24 & 26-31 Jul	16-21 Aug		25-30 Oct		13-18 Dec		14-19 Feb	
Renewal - National Pool Lifeguard Qualification	£50.00	½ day	8 Jan		4 Mar		6 May		1 Jul		2 Sept		4 Nov	2 Dec	6 Jan		3 Mar
RLSS National Rescue Award for Swimming Teachers & Coaches (full course with EFAW & AED)	£100.00	2 days	11-12 Jan	22-23 Feb						29-30 Aug			28-29 Nov		9-10 Jan	27-28 Feb	
RLSS National Rescue Award for Swimming Teachers & Coaches (light course)	£75.00	1 day	11 Jan	22 Feb						29 Aug			28 Nov		9 Jan	27 Feb	
Rookie Instructor	£75.00	1 day	19 Jan				10 May				6 Sept			6 Dec	17 Jan		
Survive and Save Tutor Course	£90.00	1 day			13 Mar												19 Mar
Trainer Assessor Core Units	£300.00	3 days		24-26 Feb						21-23 Sept						22-24 Feb	
Trainer Assessor Core Units Day 3 Only	£100.00	1 day		26 Feb						23 Sept						24 Feb	
TA NPLQ Specialism	£600.00	5 days		24-28 Feb						21-25 Sept						22-26 Feb	
TA First Aid at Work Specialism	£250.00	1 day	31 Jan												29 Jan		
TA NRASTC Specialism	£250.00	1 day															
TA ER Pool Specialism	£250.00	1 day															
Trainer Assessor Course for AED	£75.00	½ day				14 Apr											
Trainer Assessor Course for PXB	book via RLSS direct	½ day	13 Jan							28 Aug		1 Oct					
National Pool Management Qualification	£650.00	4 days			9-12 Mar			15-18 Jun		7-10 Sept		9-12 Nov					15-18 Mar
National Pool Supervisors Qualification	£170	2 days	20-21 Jan			20-21 Apr				28-29 Sept					18-19 Jan		11-12 Mar
Emergency Pool Response	£117.00	2 days															
RLSS Trainer Assessor Training Day	£20.00	1 day							3 Jul								
IQL/ RLSS Internal Verifier Trainer Day	FREE	1 day	16 Jan												14 Jan		
RLSS AED	£50.00	½ day		13 Feb					2 Jul		16 Sept		13 Nov			9 Feb	
First Aid at Work	£180.00	3 days	27-29 Jan			15-17 Apr	6-8 May		6-8 Jul		2-4 Sept	5-7 Oct	4-6 Nov		25-27 Jan		
Renewal - First Aid at Work	£130.00	2 days		11-12 Feb		28-29 Apr		27-28 Jun	13-14 Jul	6-7 Aug				3-4 Dec		11-12 Feb	
First Aid Update	£45.00	½ day	6 Jan												4 Jan		
Emergency First Aid at Work	£75.00	1 day	17 Jan		30 Mar				6 Jul		18 Sept		3 Nov		15 Jan		26 Mar
Management of Anaphylaxis Course (Epi-pen)	£50.00	½ day	14 Jan	14 Feb		3 Apr	14 May		9 Jul		11 Sept		13 Nov		11 Jan	9 Feb	
Basic First Aid	£10.00	1 day			6 Mar							9 Oct					5 Mar
Paediatric First Aid at Work	£60.00	2 days	9-10 Jan	3-4 Feb		1-2 Apr	12-13 May		16-17 Jul		14-15 Sept			10-11 Dec	7-8 Jan	4-5 Feb	
Manual Handling	£50.00	½ day	14 Jan	10 Feb		24 Apr		26 Jun			17 Sept	2 Oct		1 Dec	11 Jan	8 Feb	
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			16 Mar			22 Jun				12 Oct					22 Mar
Level 3 in Swimming Pool Operations	£250.00	3 days			17-19 Mar			23-25 Jun				13-15 Oct					23-25 Mar
Renewal Level 3 in Swimming Pool Operations	£125.00	1 day			20 Mar							16 Oct					
Level 2 - Adapting Gym Instruction for Adolescents	£175.00	3 days															
Level 2 - Fitness Instruction (GYM)	£500.00	5 days			9-13 Mar					17-21 Aug							8-12 Mar
Level 2 - Fitness Instruction (EXERCISE TO MUSIC Specific units only)	£250.00	2 days															
Level 3 - Exercise Referral	£450.00	5 days	27-31 Jan				11-15 May						16-20 Nov		25-29 Jan		
Level 2 - Award in Instructing Studio Cycling	£140.00	2 days															
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				20-22 Apr					28-30 Sept						
Level 3 - Personal Trainer	£1000.00	10 days															
Level 3 - Pilates Instructor	£700.00	6 days															
Swim England Level 1 Swimming Assistant (Teaching)	£313.00	5 days		17-21 Feb			18-22 May			10-14 Aug		19-23 Oct				15-19 Feb	
Swim England Level 2 Teaching Swimming	£540.00	11 days		29 Feb - 27 Mar				1-12 Jun					1-27 Nov				6 Mar - 2 Apr
Standards of Grades within LTS Pathway	£20.00	3 hrs	8 Jan		3 Mar		7 May		10 Jul		5 Sept		2 Nov		5 Jan		2 Mar
Teaching Babies, Children & Adults	£20.00	3 hrs	24 Jan			23 Apr		5 Jun			30 Sept			8 Dec	22 Jan		
Put the Fun back into Teaching	£20.00	3 hrs															
Correction for all Strokes	£20.00	3 hrs															
Contrasting Activities	£20.00	3 hrs		6 Feb		27 Apr		29 Jun			5 Sept	16 Oct				2 Feb	
Coaching - Starts, Turns & Stroke Laws	£20.00	3 hrs															
Be The Best Teacher You Can Be	£20.00	3 hrs	7 Jan		5 Mar		11 May		10 Jul			9 Oct			5 Jan		4 Mar
School Swimming Programmes	£20.00	3 hrs	2 & 3 Jan												4 Jan		
Rookie Instructor Update	£20.00	3 hrs		7 Feb												1 Feb	
UK Coaching Safeguarding & Protecting Children	£34.00	3 hrs		1 Feb		18 Apr		6 Jun		1 Aug		17 Oct		7 Dec		6 Feb	
UK Coaching A Guide to Mentoring Sports Coaches	£34.00	½ day		15 Feb				13 Jun			12 Sept						
UK Coaching Effective Communication: Coaching Deaf People in Sport	£34.00	½ day							11 Jul			10 Oct					
UK Coaching Equity in your Coaching	£34.00	½ day					2 May					3 Oct					
UK Coaching How to Coach Disabled People in Sport	£34.00	½ day							12 Jul			4 Oct					
IOSH Managing Safely Certificate	£280.00	4 days			16-19 Mar			22-25 Jun		24-27 Aug			16-19 Nov				22-25 Mar
IOSH Managing Safely Certificate Update	£173.00	1 day	23 Jan					19 Jun					20 Nov		21 Jan		
NEBOSH General Certificate - NGC 1, 2 & 3	£1100.00	11 Days + Exam															
NEBOSH Fire Certificate	£600.00	5 Days + Exam															
IHASCO Fire Warden (Marshall)	£10.00									Completed Online							
IHASCO Fire Awareness	£5.00									Completed Online							
IHASCO Display Screen Equipment Training	£7.50									Completed Online							
PAT Training	£135.00	1 day			2 Mar						1 Sept						1 Mar
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.