



# National Pool Lifeguard Qualification Training Course



www.hamptonpool.co.uk

High Street, Hampton, TW12 2ST ☎ 020 8255 1116 email: info@hamptonpool.co.uk

## Course details

Date of course	
Price of course	

## Personal details

Family name		Age	
First name		Date of birth	
Address			
		Postcode	
Main telephone		other telephone	
email			

Do you have any medical conditions that we should be aware of?

no  yes  details:

I have read the welcome letter and understand that I must undertake a pool swim test including the following:

- 3 lengths lifesavers front crawl
- 2 lengths sidestroke (one right, one left)
- 1 length backstroke
- Pick up manikin from deepest part of the pool
- 2 lengths front crawl in under 1 minute 20 seconds

**PLEASE NOTE: No bookings can be taken without payment. Please make cheques payable to YMCA London South West**

Please complete this form and return with full payments to:

**Alex Wallace**

Hampton Pool, High Street, Hampton, Middlesex, TW12 2ST

## for office use only

Course fees paid	£		date paid	
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