



Irish Water Safety

Promoting Water Safety in Ireland

Pool Lifeguard Award

Dates & Times

	Pool	Room	Pool
Friday: March 13	-	-	20:15 - 22:00
Saturday: March 14	7:30 - 9:00	9:30 - 14:30	15:00 - 17:00
Sunday: March 15	9:00 - 10:15	11:00 - 15:30	16:00 - 18:30
Monday: March 16	-	-	19:00 - 22:00
Friday: March 20	-	-	20:15 - 22:00
Saturday: March 21	7:30 - 9:00	9:30 - 14:30	15:00 - 17:00
Sunday: March 22	9:00 - 10:15	11:00 - 15:30	16:00 - 18:30

Participants must be able to swim 100m freestyle and 50m breaststroke without stopping.

Cost €200, deposit €50 must be paid to hold place on course.

Numbers limited.

To sign up or for further details please contact Meath Water Safety at,

Email: meathwatersafety@gmail.com

Phone: 087 2476353

Or

Leave details with Gail at NUIM Swimming Pool