**MAYO COUNTY COUNCIL**

**BEACH LIFEGUARD COURSE**

**(IRISH WATER SAFETY)**

**LOCATION:** Castlebar Swimming Pool & Mayo Co. Co. Training Centre

**FEE: €350 Full course Attend ALL 7 DAYS**

**€150 Renewal Attend Day 6 & Day 7 only**

**(Day 5 is optional)**

**TIMETABLE**

**DAY 1 Saturday 8th April 2017**

**9.30 REGISTRATION at MAYO CO. CO. TRAINING CENTRE**

9.45 - 12.00 DRY LAND PRACTICAL & THEORY

12.00 - 13.00 POOL ASSESSMENT

13.00 - 14.00LUNCH

14.00 - 15.00 DRY LAND PRACTICAL

15.00 - 17.00 POOL SESSION

**DAY 2 Sunday 9th April 2017**

**9.30 - 10.30** POOL SESSION

10.30 - 13.00 THEORY & LAND PRACTICAL

13.00 - 14.00 LUNCH

14.00 - 15.00 THEORY & LAND PRACTICAL

15.00 - 17.00 POOL SESSION

**DAY 3 Monday 10th April 2017**

**9.30 - 12.00** THEORY & DRY LAND PRACTICAL

12.00 - 14.00 **POOL PRACTICAL EXAM**

14.00 - 15.00 LUNCH

15.00 - 17.00 THEORY & DRY LAND PRACTICAL

**DAY 4 Tuesday 11th April 2017**

**9.30 - 13.00** THEORY & LAND PRACTICAL

13.00 LUNCH

14.30 MEET AT **OLD HEAD BEACH** FOR OPEN WATER TRAINING

17.30 FINISH

**See over**

**DAY 5 Wednesday 12th April 2017**

**9.30 - 13.00** THEORY & LAND PRACTICAL

13.00 LUNCH

14.30 MEET AT **OLD HEAD BEACH** FOR OPEN WATER TRAINING

17.30 FINISH

**DAY 6 Thursday 13th April 2017**

**9.30 - 13.00** THEORY & LAND PRACTICAL

13.00 LUNCH

14.30 MEET AT **OLD HEAD BEACH** FOR OPEN WATER PRACTICAL

17.30 FINISH

**DAY 7 Friday 14th April 2017**

**10.00 - 13.00 BASIC LIFE SUPPORT EXAM**

13.00 LUNCH

14.30 **OPEN WATER EXAM at OLD HEAD BEACH**

**TIMES MAY BE SUBJECT TO SOME CHANGE DEPENDING ON POOL AVAILABILITY AND TIDAL CONDITIONS.**