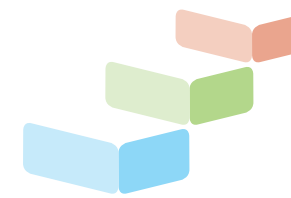




Annual Training Matrix January 2012 - March 2013



Ascent
TRAINING CENTRE

	Cost	Duration	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
National Pool Lifeguard Qualification	£250.00	7 days				8-15 Apr		2-10 Jun	15-21 July 29 July - 5 Aug 12 Aug - 19 Aug			21-28 Oct					
Renewal - National Pool Lifeguard Qualification	£50.00	½ day	11 Jan		7 Mar		23 May		4 July		19 Sept		14 Nov		2 Jan		6 Mar
RLSS National Rescue Award for Swimming Teachers & Coaches	£100.00	2 days		25-26 Feb							8-9 Sept					16-17 Feb	
Renewal - RLSS National Rescue Award for Swimming Teachers & Coaches	£75.00	1 day			18 Mar											10 Feb	17 Mar
Rookie Instructor	£75.00	1 day	29 Jan				27 May				23 Sept				27 Jan		
Trainer Assessor Course for NPLQ	£640	6 days									24-29 Sept						
Emergency Response	£117.00	2 days					8-9 May				3-4 Sept						
First Aid at Work	£180.00	3 days	23-25 Jan		26-28 Mar					29-31 Aug			5-7 Nov		23-25 Jan		25-27 Mar
Renewal - First Aid at Work	£130.00	2 days		27-28 Feb			5-6 May	16-17 June				1-2 Oct					
First Aid Update	£45.00	½ day	16 Jan		13 Mar		4 May	25 June		28 Aug		4 Oct			17 Jan		1 Mar
Emergency First Aid	£75.00	1 day	20 Jan		22 Mar				14 July						18 Jan		28 Mar
Emergency Responder (defib)	£50.00	½ day	12 Jan		16 Mar	27 Apr		26 June		7 Aug		12 Oct		18 Dec	11 Jan		8 Mar
Adrenaline Auto-Injection (Epi-pen)	£50.00	½ day		4 Feb					13 July					2 Dec		25 Feb	
Basic First Aid	£10.00	1 day	17 Jan 22 Jan		23 Mar	30 Apr	26 May	23 June	13 July	6 Aug	7 Sept	29 Oct	25 Nov	1 Dec	21 Jan		26 Feb
Paediatric First Aid at Work	£45.00	2 days	26 - 27 Jan								1-2 Sept						
Manual Handling	£50.00	½ day	6 Jan		15 Mar		25 May		6 July		14 Sept		9 Nov		7 Jan	8 Feb	29 Mar
Level 2 in Swimming Pool Operations	£125.00	1 day				16 Apr						8 Oct					
Level 3 in Swimming Pool Operations	£250.00	3 days				16-18 Apr						8-10 Oct					
Level 2 - Adapting Gym Instruction for Adolescents	£175.00	3 days											19-21 Nov				
Level 2 - Fitness Instruction (GYM)	£500.00	5 days		5-9 Feb						20-24 Aug						3-7 Feb	
Level 3 - Exercise Referral	£450.00	5 days							1-5 July								
Level 3 - Designing Pre & Post Natal Exercise Programmes	£350.00	4 days			4-7 Mar												10-13 Mar
Level 4 - Exercise for the Management of Lower Back Pain	£450.00	4 days				2-5 Apr											
Level 2 - Award in Instructing Studio Cycling	£100.00	2 days	24-25 Jan									2-3 Oct			29-30 Jan		
Level 2 - Instructing Circuits Sessions	£180.00	2 days			19-20 Mar											18-19 Feb	
Level 4 - Obesity & Diabetes	£450.00	4 days					20-23 May										
ASA UKCC Level 1 Teaching Aquatics	£313.00	5 days		13-17 Feb			28 May - 1 June					15-19 Oct				TBC Feb	
ASA UKCC Level 2 Teaching Aquatics	£540.00	11 days	7 Jan - 3 Feb					11-22 June					3-30 Nov		5 Jan - 1 Feb		
ASA UKCC Level 1 in Coaching Swimming	£313.00	5 days							23-27 July								
ASA UKCC Level 2 in Coaching Swimming	£690.00	10 days												3-14 Dec			
ASA UKCC Level 1 in Coaching Diving	£313.00	5 days										6-20 Oct					
ASA UKCC Level 1 in Coaching Synchronized Swimming	£313.00	5 days							9-10 July								
ASA UKCC Level 1 in Coaching Water Polo	£313.00	5 days							11-12 July								
Sport Coach UK Safeguarding Children Workshop	£34.00	½ day		19 Feb				24 June		11 Aug				17 Dec		24 Feb	
IOSH Managing Safely Certificate	£280.00	4 days				23-26 Apr							13-16 Nov				
IOSH Managing Safely Certificate Update		1 day									13 Sept						
PAT Training	£135.00	1 day				19 Apr											
Lifeguard Training / First Aid / Defib	£5.00																
Sales Workshops (Internal Staff Only)	-		19 Jan														
Level 2 - Food Hygiene	£50.00						24 May										

training today's professionals

Please note minimum numbers are required for each course