

# Rookie Lifeguard Courses

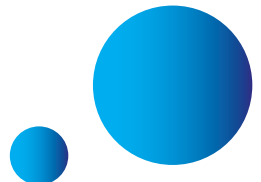
A fantastic and fun way to keep fit whilst also providing an education on all aspects of water safety.

**Challenge yourself!**



- Rookie lifeguard aims to teach skills that can save lives and increase swimming competence
- Develop the ability to survive in water
- Improve initiative, judgment and leadership skills
- Acquire important citizenship skills
- Educates on the ideals of drowning prevention and promotion of water safety
- Prepares for the National Pool Lifeguard Qualification which can be taken at 16 years old.

Learn the basics of saving lives and water safety in our Rookie training sessions, suitable for people who have passed level seven of the asa National Swimming Plan or can swim 100m Frontcrawl.





Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Preferred Days/Times:  
(e.g. weekend only/weekday after 4.15pm) \_\_\_\_\_

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