



**Learn new  
skills!**



# **Lifesaving Club**

## **Lifesaving skills and fitness session**

**Weekly sessions to develop and maintain lifesaving skills and build stamina and fitness.**

Skills that have been learned whilst completing the RLSS Survive and Save Awards will be developed and maintained to help those wishing to go on and do their National Pool Lifeguard Qualification - NPLQ.

For those new to lifesaving there will be the opportunity to learn new skills and to complete the RLSS Survive and Save awards.

This session is suitable for anyone who has achieved Swim England Stage 7 or STA Shark 2 award and can swim 200m without stopping.

Sessions are on Thursdays 7.30-8.30p.m. from 12.09.19 – 17.10 19  
then 7.30 – 8.00 p.m. 07.11.19 – 28.11.19  
at OLA Pool Radley Road, Abingdon.

Cost: £60 for 10 sessions

For more information contact Hayley 07980 884 223 or email  
[reynoldshayley@yahoo.co.uk](mailto:reynoldshayley@yahoo.co.uk)

Lifesaving Club sessions could be used as part of the Physical Section of your Duke of Edinburgh Award.