



ROOKIE LIFEGUARD

RLSS UK

**10 WEEK
COURSE
ONLY €85
AGE 8-12
WEDNESDAY'S
AT 5.55PM**



Anyone can become a Rookie Lifeguard, you just need to be able to swim 25 meters!

Learn lifeguard skills & how to keep your friends safe around water.

You will get awards along the way starting with Bronze working all the way to Master Rookie Award

**GET FIT ! SAVE LIVES !
LEARN NEW SKILLS**



**NEXT COURSE
14TH SEPTEMBER**

**Book Today 057-8645800
www.portarlingtonleisurecentre.ie**

