

SURVIVE & SAVE

10 week course

Starts Wednesday 12th Sept 2018

€90 (Sibling Discount Applies)

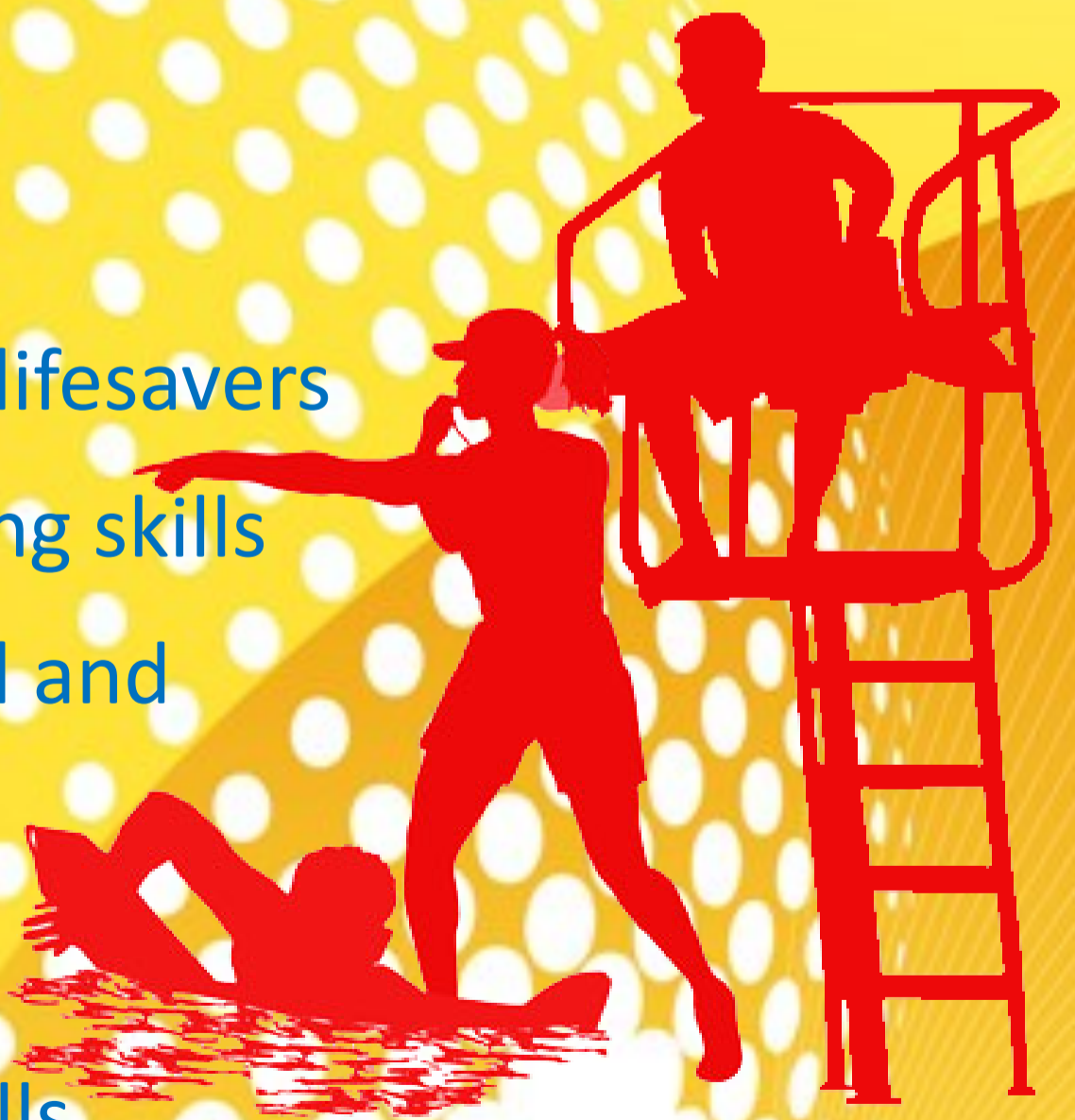
7:00pm—7:40pm

12—16 year olds

(or completed rookie awards)

NEW Lifesaving Sport

- Compete with fellow lifesavers and grow your lifesaving skills
- Improve your physical and mental agility
- Test your fitness, rescue and first aid skills



THE NATIONAL LIFESAVING AWARDS

survive&save
programme

PORTARLINGTON
Leisure Centre

