

ADULT LIFE-SAVING

at
WATERSIDE POOL



A TASTER SESSION

A new and fun fitness regime—PLUS
get the skills to help you save a life!

A good introduction
to lifeguard training

WHO ARE THE CLASSES FOR?

Anyone with an interest in life-
saving.

You must be over 14

You must be able to
swim eight lengths
and be confident
in deep water



WHEN ARE THE SESSIONS?

Wednesday 27 May
8pm to 9.30pm

Cost £4.70

Come along and
try it out!

Waterside Pool ☎ 563656