

Senior Lifesaving

Age
12+



**8:15pm Wednesdays
& Fridays for 1 hour**



**Start your journey to
becoming a lifeguard!**



BW Junior School



Rescue Skills



Learn First Aid



Survival Awareness



Have Fun!



Build Confidence



Leadership



**Counts toward Duke of
Edinburgh Awards!**

Email: bwcommunityswimming@gmail.com

Call: 07930100136

Visit: bwcommunityswimming.org.uk/lifesaving

