

ROOKIE LIFEGUARD

Saturdays

10:30 - 11:00

£26.50
PER MONTH

plus a 1 off fee of £6.50
for a progress book in waterproof
case with a lanyard

Starting
6th November

48 Weeks of the year ongoing course

Minimum entry requirement:

Green Stage 4 (able to swim 15m basic frontcrawl
& backstroke and have a symmetrical breaststroke kick)



To book, please call swim school on **01256 302204** or email dolphin@mybst.org

find out more: <https://www.rlss.org.uk/the-rookie-lifeguard-programme>