



ROYAL  
LIFE SAVING  
SOCIETY UK

# Finished Rookie? Don't know what to do next? Try Lifesaving!

Suitable for anyone that is Aged 8+ and is a Confident Swimmer  
For More Information Go To [www.sheffieldlifesavingclub.org.uk](http://www.sheffieldlifesavingclub.org.uk)  
Or Email us at [info@sheffieldlifesavingclub.org.uk](mailto:info@sheffieldlifesavingclub.org.uk)  
Or Phone us on 07866110503 - Chris

Sessions are 19:20 until 21:00 on Wednesdays at  
Ponds Forge International Pool, S1 2PB - Meet in Reception

First Two  
Weeks  
FREE!!

Sessions cost £5.25 per week paid in Term Blocks (5~8 weeks).  
Pro-rata for new joiners.

A Club annual membership fee applies and is payable every September.  
We do not run during school holidays.

Please bring T-Shirt and Shorts to wear over Swimwear in the Pool.

