



# Try Lifesaving!

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Suitable for anyone over 8+ that is a Confident Swimmer

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**Rookies + Survive & Save**

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Looks Great on a CV and is suitable for either the sport or skill section of the DofE Award.

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Sessions cost only £5.25 a week!  
*(nb. paid in Term Blocks)*

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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

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