



MAROUBRA SLSC

Surf Life Saving Club
established 1906



R&R Clinic 2017

for Juniors (under 9's and above) and Seniors

Saturday 28th October

Maroubra Beach

8:00am until 12:00pm

What do we love about R&R?

Anais (u11's) "knowing that I can save someone's life with the skills I've learnt."

Genevieve (u12's) "while we are competing against each other, we get to learn the skills to save someone's life."

Montanah (u12's) "I get to do it with my friends as well as meet people from other clubs."

Breanna (u13's) "we learn how to save lives by working in a team."



Featuring demonstrations and assisted run-thru's in 2 & 5 Person rescue and resuscitation competition.

Attendance is FREE; all prospective & current competitors in u9's and above, parents, coaches & officials are welcome.

Maroubra's famous Nipper's BBQ will be fired up early for brunch and there will be a special "debriefing and rehydration" session upstairs in the surfclub at Midday.

RSVP for catering purposes by Sunday 22 October to: MaroubraRnR@gmail.com

Maroubra SLSC is proudly supported by their partner:



Maroubra Seals Sports and Community Club

and their generous sponsors:

ANTHONY RIZZO
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