



POOL RESCUE DEVELOPMENT CLINICS 2020

**Des Renford Leisure Centre, Heffron Park
50m Outdoor Olympic Pool**

**12PM TO 3PM
ON FOLLOWING
SUNDAYS:**

Open to new and existing SLS Sydney members from U11 to Open/Masters.

Something for everyone, from non-competitors looking to gain pool rescue knowledge for pool rescues, to athletes wanting to advance their competition skills.

You'll be shown by experienced pool rescue and swimming coaches: Tube Rescue with fins, Obstacle Race, Brick Carry Race, Manikin Tow race, Relays and Line Throw, Champion Life Saver event and Medley Relay.

N.B. you do not need to attend all clinics dates

**APR 5TH
APR 19TH
MAY 3RD
MAY 17TH
MAY 31ST
JUN 14TH**

Cost:

Pool entry and clinic free for all participants. Family and spectators will be charged a pool entry fee.

What to bring:

Goggles, Swim Cap, Fins, Towel, Water Bottle

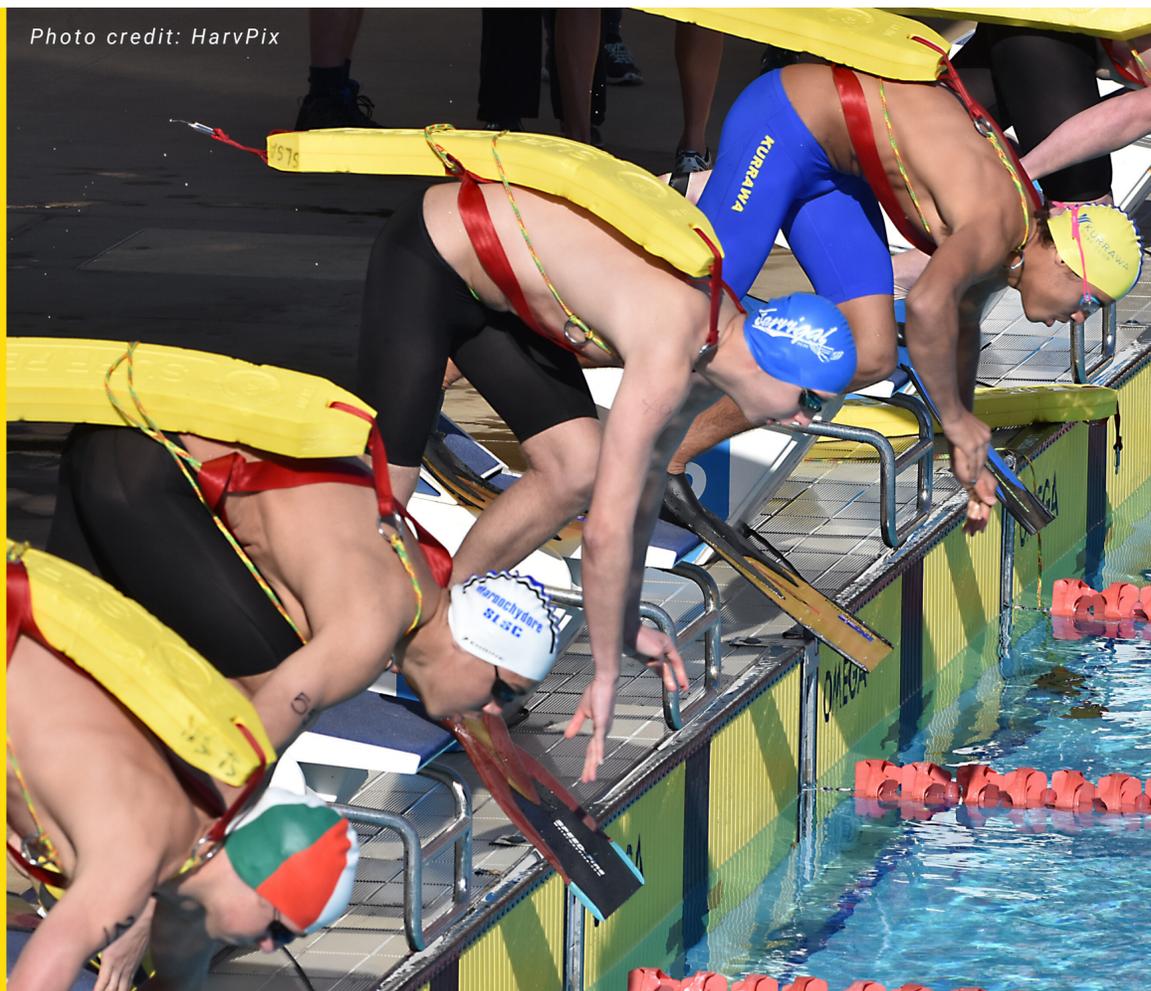
How to register:

Lodge your attendance with SLS Sydney by 31 March via online link:



<https://www.surveymonkey.com/r/QBGXTHQ>

Photo credit: HarvPix



**For further information contact George Benhayon, SLS Sydney Coaching Coordinator:
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