



Alnwick and District Swimming and Lifesaving Club

What is a Rookie Lifeguard?

RLSS UK's Rookie Lifeguard programme is for children 8 to 12 years. The aim is to give your child the skills they need to be confident in the pool or the sea – which means peace of mind for you. With colourful materials and fun, varied activities, the Rookie Lifeguard scheme teaches children self-rescue, survival rescue and sport skills. There are 9 core awards, which your child will progress through from Bronze to Gold.



Rookie Lifeguard is offered at Alnwick and District Swimming and Lifeguarding Club. The coaching session runs each Sunday evening from 5.30 to 6.15 from September to July.

Interested?

Contact Tracey on tracey.sample@mail.com
For more information visit www.rlssorg.uk