

FREE EVENT

THIS OCTOBER

HIT THE BEACH



Try something new in October - be a Surf Lifesaver for a day!

Surf Life Saving GB are holding four free events for you to find out more about Lifesaving Rescue Skills and to have a go at Life Saving Sport.

Choose the Hit the Beach Day nearest you....

Portreath Surf Life Saving Club
Bournemouth Lifeguard Club
Teignmouth Surf Life Saving Club
Bude Surf Life Saving Club

Saturday 10th October
Saturday 17th October
Saturday 24th October
Sunday 25th October

THE LEARNING REVOLUTION
FESTIVAL
Be part of it www.direct.gov.uk/learningrevolution

In partnership with:



Lifeguards



Hit the Beach sessions are free!

Hit the Beach morning 9.30am - 12.30pm

Stay dry in the classroom and on the beach learning Life Saving Skills - how to spot danger on the beach and how **you** could help to save someone's life.

Hit the Beach afternoon 1.30pm - 4.30pm

Into the sea for rescue skills training and coaching in Life Saving Sport disciplines.

Limited places, call to register on 01392 218007

Hit the Beach is for everyone 19 and over, come for one session or stay all day. Can't swim or don't want to get wet? Not a problem - you can still take part. Your participation will be awarded with a certificate of achievement from Surf Life Saving GB, the charity of 5,000 volunteer Surf Lifesavers.

For more details and to sign up
please contact
hitthebeach@sls.gb.org.uk or
ring 01392 218007.

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Registered Charity No: 1015668
www.surflifesaving.org.uk

