



# North Narrabeen Surf Life Saving Club

Become a Lifesaver at a Great Family Club

## Bronze Medallion and Surf Rescue Certificate Awards

Courses to commence on 12th of Jan, 2022 at the North Narrabeen Surf Club at 7.00pm for the course introductions and registration.

### Bronze Medallion

15 years of age, able to swim 400 metres in 9 mins. (start training now)

### Surf Rescue Certificate

13 years of age, able to swim 200 metres in 5 mins.

To sign up simply scan the QR Code below and fill in the form, or go to the following URL <https://bit.ly/3EvNvUA> or if you are really old skool call David or Steve below.

For Further Information Contact the training team.

David - 0401890054

[david@yaxley.com.au](mailto:david@yaxley.com.au)

or

Steve - 0432582084

[shaggett1@optusnet.com.au](mailto:shaggett1@optusnet.com.au)

