## TALLEBUDGERA SLSC

ARE LOOKING FOR INDIVIDUALS OR GROUPS OF FRIENDS WHO WANT TO OBTAIN THEIR BRONZE MEDALLION AND BECOME ACCREDITED GOLD COAST LIFE SAVERS

## What are the benefits of being a member of Tallebudgera Surf Club?

Surf lifesaving is about satisfaction. Having fun, being physically fit, learning teamwork and aquatic safety skills, competing in surf sports, and helping make surfing a safer pastime.

WHAT: BRONZE MEDALLION COURSE

WHEN: SUNDAY SEPTEMBER 20 @ 8.30am and continuing each week (approx. 3 hours) until Assessment on Nov 1

WHERE: TALLEBUDGERA SLSC

REQUIREMENTS: PARTICIPANTS NEED TO BE 15 YEARS OLD PRIOR to NOV 1 & BE ABLE TO SWIM 400m in

**UNDER 9 MINUTES** 

FOR MORE INFORMATION: Please contact Kim at the Club on (07) 5576 5866 or Dereck on 0402 035 778