

# Rookie Lifeguard...

starting the lifesaving journey  
for those aged 8-12 years.  
**Enjoying water safely.**

Rookie Lifeguard lessons are held at:

Venue:	To book or find out more about Rookie lessons, please contact:
<input type="text"/>	<input type="text"/>
on:	
<input type="text"/>	

Rookie Lifeguard is a fun and exciting awards programme, teaching children water safety, self-rescue, survival and lifesaving sport skills.



The Royal Life Saving Society UK (RLSS UK) is the Drowning Prevention charity.