

National Rescue Award for Swimming

A national rescue award for swimming teachers and coaches course will take place at Hellesdon High School on March 1st 2007. This is a one day renewal and will be a minimum of 6 hours plus assessment.

Time: Start 8:30 am

Cost: £80.00 cheques payable to Mrs C.A.Barnes
(Hellesdon High School)

Venue: Hessesdon High School Pool and gym (depth 1.8m)

Trainer: Mrs Colleen Miller

Assessor: Provided by RLSS

Preparation: Handbook (needs to be read)

Equipment: Swimwear, poolside clothing and classroom wear.

Lunch and refreshments will NOT be provided although the canteen will be open for purchases between 10:30-10:45 and 12:45 - 1:15.

Anne Cathersides FIOS

Secretary

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