



Junior Lifesaving Club



If you are between the ages of 8-17 and looking for a way to get fit, meet new friends and learn valuable swimming and lifesaving skills come try the Junior Lifesaving Club!

This club is a fun alternative to swimming lessons that encourages the development of skills in swimming, lifesaving, fitness, first aid knowledge, leadership and teamwork.

Candidates must be able to pass the Lifesaving society standard, which consists of swim 25 meters, exit the pool, roll into deep water and tread water for 30 seconds.

JLC will run Thursdays from 6:00-7:00pm for June!

The first day will be free and is June 8th!

For more information call the pool at 403 654 2577