



## *Aberdeen Rookie ASC*

The Rookie Lifeguard programme is the junior award scheme of the Royal Life Saving Society (RLSS UK). The RLSS UK Rookie programme is great fun and has been designed specifically for 8 years and over.

As a Rookie you will learn special lifesaving skills to help save yourself and know what to do if others get into difficulty in the water.

The awards contain survival, rescue and sport skills as well as life support and water safety elements so they are great fun to do.

The Rookie programme is divided into 3 stages: Bronze, Silver and Gold. At each stage there are three badges you can work towards.



### Course information:

Sunday	3:15pm - 3:45pm
Location	Aberdeen Grammar School Pool
Cost	£3.50 a lesson
Term Dates	Easter to Summer

Prospective Rookies **MUST** be 8 years or over and able to swim 25m

For more information please feel free to contact Shona Butt  
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**COMING SOON - ROOKIE LIFE SUPPORT**  
**Includes CPR & other First Aid techniques**



