



SWIMMING ACADEMY



Shrewsbury School

SHREWSBURY

ACTIVE

SPORTS FACILITIES
DEPARTMENT

Rookie Lifeguard

If your child/children are budding lifeguards, then the Rookie Lifeguard Award developed by the Royal Lifesaving Society UK in conjunction with the Swim England and the LTS, should be just what you are looking for.

As well as offering parents the comfort of knowing their children are aware the dangers of swimming in open water, the Bronze, Silver and Gold stage awards ensure children have a solid safety education, and have learned rescue and resuscitation techniques.

Each stage is sub-divided into three levels and each stage runs roughly for a term. Your children can enter a course at any point during the stage and progress at his or her own speed.



Sports Facilities Department
Shrewsbury Schools
The Schools
Shrewsbury
SY3 7BA

01743 280 625
sport@shrewsbury.org.uk
swim@shrewsbury.org.uk
www.shrewsbury.org.uk/leisure-and-sport



DEFINING
EXCELLENCE
IN SPORTS