



REGISTRATION DAY FOR LIFESAVING



COME AND SIGN-UP.
@ the Nahoon Lifesavers Shack
Sunday 3rd September from 10am

INFORMATION

Beach training times: Sunday mornings 10h30 – 12h00

Cost: R1,000 annual family membership

Competitions are not compulsory, but they are a great way to test our ability and newly learned skills and to be part of a team made up of boys and girls from other schools. A compulsory swim test is done early in the season along with a short theory test - these tests are set by Lifesaving SA as safety measure for our children.

We look forward to welcoming you and your family to the EL Surf Family.

Please feel free to contact us with any questions:

Alida Owen 071 479 8102 (ages 4-14)

alidaowen@mweb.co.za

Nippers introduces children aged 4 to 14 to Surf Life Saving. It's a great way for children to make friends, be active and learn how to enjoy the beach safely. Nippers first learn about surf awareness and safety, as they progress through the various age groups they will learn ocean swimming, board paddling and lifesaving skills.

4-7 years join Nippets

8-14 years are nippers

15 and older go to Seniors

Emma 081 845 3274 (15 years up)

emmahempel@icloud.com

The next step is Juniors & Seniors. This is a very social group. Juniors complete a lifesaving course to attain their Junior Lifeguard Award (JLA). Once completed, they are required to do voluntary duty service at Nahoon Beach, under EL Surf. This voluntary duty allows the kids to give back to the community while making lifelong friends and gaining valuable experience.

