

# Rookie Lifeguard

RLSS UK



## Did you Know ... ?

- Rookie Lifeguards have saved lives
- Your children can develop the skills and knowledge in water safety, rescue, resuscitation and Lifesaving sports skills
- If your children can swim, they can become a Rookie Lifeguard
- Rookie Lifeguards know how to stay safe near water
- Rookie Lifeguards is running in this Leisure Centre

Young people aged 11 – 15 years old have the opportunity to learn valuable water skills that could save their own lives or the lives of others, whilst enjoying fun sessions and receiving recognition for their achievements.



## Every Wednesday 6pm - 7pm



Catmose Sports Centre  
0300 456 2020

Huntsmans Drive, Oakham,  
Rutland, LE15 6RP

[enquiries.catmose@stevenage-leisure.co.uk](mailto:enquiries.catmose@stevenage-leisure.co.uk)



Rutland  
County Council

[www.stevenage-leisure.co.uk](http://www.stevenage-leisure.co.uk)

24 hour Customer Information Line: 0300 012 0300

@catmosesports |

[www.facebook.com/catmosesports](http://www.facebook.com/catmosesports)

