



LIFEGUARD
OUTREACH SOCIETY

Free Community Swimming and Resuscitation Lessons

May 25th and 26th
The Tahsis Recreation Centre

Swimming Survival:

Learn basic swimming skills to survive an unexpected fall into a body of water.

Lifesaving Skills

Learn how to rescue someone who is drowning without becoming a victim too.

Resuscitation and First Aid:

Learn how to do CPR, rescue someone who is choking, and some basic rescue skills.

The Lifeguard Outreach Society would like to invite the Tahsis & Esperanza communities to attend 2 days of water safety skills training.

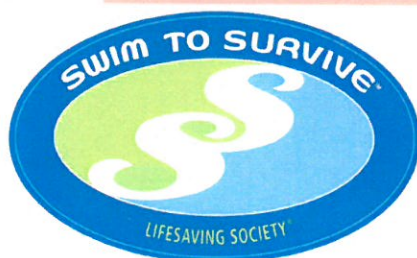
Stay safe this summer and learn these essential lifesaving skills.

Elementary School - 8:45 to 10:15

High School - 10:30 to 12:00

Community Members - 1:00 to 2:30

Please bring a lifejacket if you have one, towel, and pair of clothes that can get wet.



LIFESAVING SOCIETY®

The Lifeguarding Experts