



TIME TO MAKE A DIFFERENCE

- 🚒 Do you have the skills to save a life?
- 🚒 Do you have the knowledge to be able to give lifesaving resuscitation?
- 🚒 Do you have sufficient water safety skills to keep you and your family safe on the beach this summer?
- 🚒 If someone close to you started choking, would you know the correct procedures to help them?



If you cannot answer 'YES' to all of the above, then why not make the time to put things right!

Contact Ipswich Lifesaving Club on
07981 273232 for more information



All levels of ability catered for (minimum age 10). All trainers RLSS UK qualified.