

PETROC

SURF LIFE SAVING ACADEMY

Do you love the **ocean, sport, and fitness**? Take on the **challenge of surf life-saving** with expert **Nick Thorn** – one of the UK's top watermen!

What you'll do:

- Swim, paddle, sprint & compete
- Learn real-life rescue skills
- Master surf lifesaving events
- Gain event management experience
- Train with one of the UK's most elite coaches

Who is it for?

- Passionate about sport & the ocean
- Keen to explore careers in lifeguarding, surf coaching, or event management
- Ready to challenge yourself & have fun!



Get started today! Your future starts here.

Email: sports@petroc.ac.uk | Visit: petroc.ac.uk

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Trial Dates:

Saturday 26 April: Tarka Leisure Centre - Time TBC

Activity: In the pool for swim assessment and lifesaving skills.

Saturday 17 May - Putsborough beach - 10am to 12noon

Activity: Introduction on the beach and sea events for surf lifesaving

Thursday 5 June - Putsborough - 6pm to 8pm

Activity: On the beach and in the sea for board, ski and rescue induction

Thursday 10 June - Putsborough - 6pm to 8pm

Activity: Help organise a training session in the sea and the beach

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