



SURF LIFESAVING

PETROC PRE-SEASON

Do you have what it takes to be a lifesaver? If you love the ocean, have a passion for fitness, and thrive in a team environment, Petroc's Surf Life Saving Academy is for you!

Led by Nick Thorn, one of the UK's most decorated watermen and a world-class surf coach, this exciting new academy will push your limits, boost your confidence, and equip you with essential skills for careers in lifeguarding, surf coaching, and event management.

Saturday 26 April at the Tarka Leisure Centre from 4pm-6pm in the pool for swim assessment and lifesaving skills.

Saturday 17 May at Putsborough beach from 10am to 12noon - introduction on the beach and sea events for surf lifesaving.

Thursday 5 June at Putsborough from 6pm to 8pm - on the beach and in the sea for board, ski and rescue induction.

Thursday 10 June at Putsborough from 6pm to 8pm - help to organise a training session for nippers in the sea and the beach.

Don't miss out on this incredible opportunity to improve your skills, meet new people and have fun while doing it!

Email sports@petroc.ac.uk to sign up now and let's get you started on the most successful season ever!!

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SPORTS ACADEMIES



petroc.ac.uk/sports-academies