



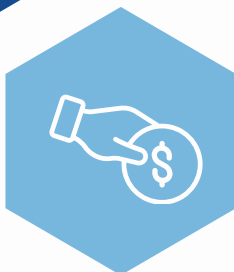
BRONZE MEDALLION

Welcome to the South Maroubra SLSC awards introduction night for the Bronze Medallion. Below you will find all the information you need to get started!



Membership

To participate in the Bronze Medallion, you will need to become a financial member of the club and purchase the required course materials. Membership can also be purchased online at <https://members.sls.com.au/>. If this is your first time on the member's portal you will need to create a new account.



Cost

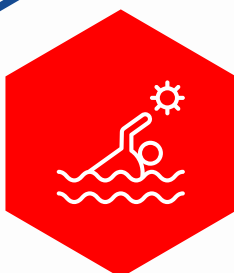
- Membership - \$70
- Course fee - \$40
- First aid course - \$70
- Pink Vest - \$20
- Club cap - \$20



Pre-requisite

To become a lifesaver, there is a certain degree of physical fitness that is required. As such you must complete a timed 400m swim in under 9mins. We have organised two nights for you to attend your timed swim.

- Tuesday 6 February 6pm at the Maroubra Seals Club – meet in foyer
- Tuesday 13 February 6pm at the Maroubra Seals Club – meet in foyer



Training

80% attendance is required at both theory and practical training. Let us know if you think this will be an issue.

Theory training sessions will be held on Tuesday nights: 6pm-9pm.

Practical sessions will be held on Saturday mornings: 8:30am-11:30am.



Exam

Theory & Practical – Saturday 30 March at South Maroubra SLSC

LEAD TRAINER CONTACT:

Nicole Cooney – bronze@southmaroubraurfclub.com.au

