

SOUTH MAROUBRA SLSC



SRC

**SURF RESCUE
CERTIFICATE**

The SRC is a 3 week introductory course to lifesaving and provides participants with the skills in CPR and aquatic rescue techniques in order to be able to participate in lifesaving operations.

Minimum age - 13

**PRE-REQUISITE:
TIMED POOL SWIM OF 200M IN 5 MINUTES**

**THEORY TRAINING:
WEDNESDAYS 6PM-9PM**

**PRACTICAL TRAINING:
SUNDAYS 11AM-1PM**

For more information, contact
education@southmaroubrasurfclub.com.au