

# ALL YOU NEED IS CONFIDENCE



**WESTERN  
AUSTRALIA**

SurfBabies and SurfKids are fun, interactive 6 week programs aimed at children from 2-7 years of age and their parents to increase awareness, confidence and safety at the beach.

All participants must be accompanied by a parent at all times and classes are altered to suit all abilities. If you're a parent who is unsure of the beach environment then you and your child will benefit immensely. All classes are instructed by fully qualified Surf Lifesavers. This is a great way to ensure everyone feels safer at the beach coming into the summer months.



## **Program & Times (6 x 30min lessons)**

|                    |        |                 |
|--------------------|--------|-----------------|
| SurfBabies Level 1 | 2yrs   | 8:30 – 9:00am   |
| SurfBabies Level 2 | 3yrs   | 9:10 – 9:40am   |
| SurfBabies Level 3 | 4yrs   | 9:50 – 10:20am  |
| SurfKids Level 1   | 5yrs   | 10:30 – 11:00am |
| SurfKids Level 2   | 6-7yrs | 11:10 – 11:40am |

**Series 1: 5 November – 10 December 2016**

**Series 2: 4 February – 11 March 2017**

**Locations:** Coogee, Fremantle, Cottesloe, North Beach, Sorrento, Mullaloo, Quinns-Mindarie and Alkimos.

**Cost:** \$100 per child

**For more information contact:**

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To enrol visit [slswa.com.au/surfbabies](http://slswa.com.au/surfbabies)

**SurfKids**

**SurfBabies**

# Surf Survival

## School Holiday Program



This exciting six day school holiday program teaches participants 7 to 15 years vital coastal recreation skills ranging from awareness of the beach environment and safety right through to obtaining an accredited Surf Rescue Certificate.

Learning to swim is a primary skill for safe aquatic recreation; however the coast is a dynamic environment with constant changing risks that even the most competent swimmer may find challenging without additional surf knowledge and skills.

Adapted from Surf Life Saving WA's Nipper Program, participants will get a taste of what being a Nipper is all about including gaining confidence in the surf and using nipper boards and rescue tubes.

Surf Survival offers participants four skill based levels of learning:

|                              |                   |
|------------------------------|-------------------|
| <b>Level 1: Surf Aware</b>   | 8.30 – 9.30am     |
| <b>Level 2: Surf Skill</b>   | 9.45 – 10.45am    |
| <b>Level 3: Surf Wise</b>    | 11.00am – 12.00pm |
| <b>Level 4: Surf Rescue*</b> | 12.30 – 2.00pm    |

*\*Participants must be 13 years of age by January 11, 2017*

**Dates: Weekdays from: 11 – 18 January 2017**

**Locations:** Alkimos, Sorrento, Mullaloo and Leighton Beach

**Cost:** \$100 per person  
(Level 4: Surf Rescue \$50 extra per person)



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To enrol visit **slswa.com.au/childrensprogram**