Mount Martha Life Saving Club

Swimming Program

Are you a nipper who needs practice to ensure you pass your prelim swim and competition swim requirements this coming season?

Are you a senior needing training to ensure you can pass your participation swim requirements or competition swim this season?

Are you wanting to complete your SRC or Bronze Medallion this season and need some extra training for the assessment?

MMLSC is here to help!

We will be holding swim training for all things lifesaving!

SAVE THE DATES

and importantly express your interest:

Email Leah
to ensure you don't miss out:
aquaticsports@mmlsc.com.au

Sunday November 7
Sunday November 14
Sunday November 28
Sunday December 5

Sessions will run between 2pm – 5pm.
Specific times for each group to be confirmed. 30min, 45min or 60min sessions offered.

Sessions will include prelim swim and competition training, lifesaving training and skills required for SRC and Bronze Medallion awards.

Pool and costs to be confirmed, COVID-19 dependent