



ROOKIE LIFEGUARD

The Rookie Lifeguard program is an educational and engaging initiative designed for young people. It focuses on teaching essential water safety skills, self-rescue techniques, and lifesaving sport skills. The program includes stages such as Bronze, Silver, and Gold, each divided into three levels.



Participants can earn awards and certificates, which are recorded in their progress book. The program is structured to ensure that children progress at their own pace, building confidence and independence in the water. It also fosters teamwork, communication and peer support.



We are proud to share that a number of our students have now completed not just Bronze, but Silver AND Gold Stage 1, 2 and 3 awards! We are so proud to celebrate this incredible achievement.

March 2026