

# Break-Away Surf Survival Holiday Programme



**free!**

The beach is the New Zealander's favourite playground. Come and spend a week in the surf at Warrington Beach. Experienced instructors will help you gain skills and fitness in surf swimming and using boards in the waves. You can gain skills to help others or even to become a Life Guard! Learn first aid, VHF marine radio skills, CPR, and surf rescue skills using the Inflatable Rescue Boats (IRBs).

This FREE Break-Away Surf Survival programme for 11 to 17 year olds runs for four days, with free transport from Dunedin to the safe swimming beach at Warrington. The hot showers and cooked lunches at the warm Life Guard clubhouse will be a great reward after a swim in the ocean. So come along and have a memorable holiday at Warrington Beach; maybe you will want to become a Life Guard!

**Warrington Surf Life Saving Club, 1 The Esplanade, Warrington, Otago**

## DATES:

**14-18 December 2015**

*[Monday, Tuesday, Thursday, and Friday]*

**9.00am - 3.30pm**

**21-24 December 2015**

*[Monday, Tuesday, Wednesday, and Thursday]*

"

**5-8 January 2016**

*[Tuesday, Wednesday, Thursday, and Friday]*

"

**11-15 January 2016**

*[Monday, Tuesday, Thursday, and Friday]*

"

**18-22 January 2016**

*[Monday, Tuesday, Thursday, and Friday]*

"

**25-29 January 2016**

*[Monday, Tuesday, Thursday, and Friday]*

"

Meet at St Clair Surf Life Saving Club for free transport to Warrington. Each day begins with a swimming pool session to start followed by activities at the Warrington Surf Life Saving Club and beach. Participants are advised to bring a wetsuit, togs and towel, and goggles. 200 metres swimming proficiency is required.

For further information, please email: [sam.clutterbuck@surflifesaving.org.nz](mailto:sam.clutterbuck@surflifesaving.org.nz)

Register online at: **[www.sportotago.co.nz](http://www.sportotago.co.nz)**

