Class dates are listed below and you are welcome to attend as many sessions as you would like but we encourage you to complete the full Grey Medallion by attending the full four-day course.

To receive your Grey Medallion Certificate you must attend all four classes.

Class Dates:

**Tuesday 21st October**: 8.45am—11am
Introduction and Water Safety.

**Thursday 23rd October**: 8.45am—11am
Introduction and Resuscitation/Emergency Care

**Tuesday 28th October**: 8.45am—11am
Introduction and Aquatic Exercise. (This will also include demonstrations on the park gym equipment)

**Thursday 30th October**: 8.45am—11am
Introduction and Personal Survival and Lifesaving Skills

**Tuesday 4th November**: 9am—10.30am
Overview, Q&A, Presentation and Morning Tea. (No charge—all welcome)

To attend all sessions an upfront fee of $55 will be charged. To attend singular classes a fee of $16 per session will be charged. Please call ahead to book your place. Contact Laura at Bowral Swimming Centre on 4861 2598

For more information regarding the Grey Medallion please visit Royal Life Savings website:

Alternatively please call Laura at the Bowral Swimming Centre.

**Grey Medallion**

The Grey Medallion program is a water safety and lifesaving skills initiative for older adults. It aims to encourage a healthy, independent and active lifestyle through the development of essential skills in order to participate in aquatic and recreation activities safely.

Grandparents regularly look after their grandchildren which may include taking them to aquatic locations such as the beach, rivers and swimming pools. As a result, grandparents are often best placed to prevent children drowning and first on the scene to respond to an emergency situation. However this increases their risk of drowning.

Come along to this great course and learn how to not only keep yourself safe but to be able to save the life of a loved one.

The Grey Medallion has four main components:

- Water Safety Knowledge
- Resuscitation and Emergency Care
- Aquatic and Recreational Exercise
- Personal Survival and Lifesaving Skills.

**Wingecarribee Shire Council are proud to support Royal Life Savings Grey Medallion Program**

Never to young to learn, Never too old to start, What will your water safe story be?