

FREE CLASSES

for the **RESCUE SERVICES**

- **Lifesaving**
- **Swim Technique**
- **Endurance**

With Water Safety Ireland - Laois

Open to members of:

- **Civil Defence**
- **Fire Service**
- **Gardaí**
- **Defence Forces**



Laois Leisure Portlaoise
8 Week Programme
Beginning Wednesday
2nd October
6.45pm – 7.40pm

20 places are available
and booking is essential
To register, please email
sports@laoiscoco.ie

