



R.A.S.C.A.L.S.

RIPLEY AMATEUR SWIMMING CLUB AND LIFE SAVERS
www.ripleyrascals.org.uk



Ever wondered what lifesaving is all about??

Well.....

TRAINING

On a Friday we practise water safety/rescue and first aid skills at Ripley LC.

On a Saturday and Wednesday we practise speed lifesaving swimming skills. This includes towing, underwater swimming, ropes etc at Ripley LC.

We train in the Loughborough University 50 m pool each month.

Each month we travel to Swan pool at West Bromwich to practise boarding, skiing and open water swimming.

On a Monday we do fitness land-based training, including aerobic and circuit type exercise at Denby.

COMPETITIONS

WE encourage all age groups to compete in various lifesaving disciplines.

We are affiliated to RLSS and SURF GB and compete in their National Pool Championships each year In Sheffield and Wales.

We enter teams in The Leeds, and Sheffield clubs competitions.

We organise Rascals own competition at Repton each year.

We travel to the coast for beach and sea competitions.

Lifesavers take part in the National Lifesaving Championships each year, moving through qualifying heats, hoping to make the Finals at Ponds Forge Sheffield in November. We have an established history of training National Champions!!

Of course not all lifesavers do all of these things, but the opportunities are there if you want to try them.

To find out what it is really like and see how much fun lifesaving can be why not come to our next "TRY IT" session, which will be...Friday 25th November 8.15pm at Ripley Leisure Centre or telephone Dawn Lockwood - 07799 061177

