

Lifesaving Dates for 2023-2024 Season

Date	Day	Time	Session Type	Instructors	Other club activities	Location
7-Oct-23	Saturday	9am - 10am	First session Registration and familiarisation Cover Lifesaving theory	Tom Ballantyne kalani	30th Anniversary Celebration	Bayswater Waves
14-Oct-23	Saturday	9am - 10am	CPR session and Theory lesson	Neil Parsons Tom Ballantyne kalani	LC Season Opener – HBF (Targeted Meet)	Bayswater Waves
21-Oct-23	Saturday	9am - 11am	Time Swim & Tow - Using Different tows	Neil Parsons kalani	OWS – Leighton (Targeted Meet)	Bayswater Waves
28-Oct-23	Saturday	9am - 10am	Reach, Throw, Accompanied rescue	Tom Ballantyne kalani		Bayswater Waves
4-Nov-23	Saturday	9am - 10am	Defensive & escape techniques	Neil Parsons	OWS – Bunbury (Targeted Meet)	Bayswater Waves
11-Nov-23	Saturday	9am - 10am	Survival skills bring long shirt and long pants	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
18-Nov-23	Saturday	9am - 10am	Search and rescue- Spinals	Neil Parsons Tom Ballantyne kalani	LC Qualifying Meet	Bayswater Waves
25-Nov-23	Saturday	9am - 10am	Initiatives	Tom Ballantyne kalani	OWS - Coogee	Bayswater Waves
2-Dec-23	Saturday	9am - 10am	Competition sport events	Neil Parsons		Bayswater Waves
9-Dec-23	Saturday	9am - 10am	Beach Day Coogee	Neil Parsons Tom Ballantyne kalani		Coogee
16-Dec-23	Saturday	9am - 10am	Bronze Medallion requals	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
Xmas and new year break						
6-Jan-24	Saturday	9am - 10am	Bronze medallion requals	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
13-Jan-24	Saturday	9am - 10am	Time Swim & Tow - Using Different tows	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
20-Jan-24	Saturday	9am - 10am	competition lifesaving	Neil Parsons kalani		Bayswater Waves

3-Feb-24	Saturday	9am - 10am	Rope throws and rescue techniques	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
10-Feb-24	Saturday	9am - 10am	No lifesaving Club Premierships		Club Premierships	Bayswater Waves
17-Feb-24	Saturday	9am - 10am	Search and rescue- Spinals	Neil Parsons		Bayswater Waves
24-Feb-24	Saturday	9am - 10am	Tentative beach day	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
2-Mar-24	Saturday	9am - 10am	Initiatives	Tom Ballantyne kalani		Bayswater Waves
9-Mar-24	Saturday	9am - 10am	Initiatives	Neil Parsons kalani		Bayswater Waves
16-Mar-24	Saturday	9am - 10am	CPR session and First aid Initiative	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
23-Mar-24	Saturday	9am - 10am	Bandages and first aid	Neil Parsons		Bayswater Waves
30-Mar-24	Saturday	9am - 10am	Fun lifesaving day	Tom Ballantyne kalani		Bayswater Waves
6-Apr-24	Saturday	9am - 10am	Cover Lifesaving theory	Neil Parsons kalani		Bayswater Waves
13-Apr-24	Saturday	9am - 10am	Theory exams	Tom Ballantyne kalani		Bayswater Waves
20-Apr-24	Saturday	9am - 10am	Final exams	Neil Parsons Tom Ballantyne kalani		Bayswater Waves
27-Apr-24	Saturday	9am - 10am	Final exams	Neil Parsons Tom Ballantyne kalani		Bayswater Waves