

CAPSIZING DRILL & SWIM TEST



Adults

19th May 2007

1230 – 1430 Beaufort School

HIGHLY RECOMMENDED

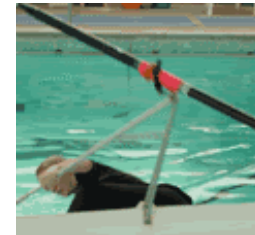
When was the last time you swam 100m?
At school? Can you still do it?



Juniors

20th May 2007

1400 – 1600 Sir Thomas Rich's
COMPULSORY



IT'S YOUR LIFE WE ARE TRYING TO PROTECT