



30 Years of Masters Swimming  
1983-2013

Toowoomba Tadpoles Masters Swimming Group  
33 Years of Masters Swimming  
1983—2016  
*Fun, Fitness & Friendship*

## *Grey Medallion Life Saving Skills Program For over 55 years*

Toowoomba Tadpoles Masters Swimming Club is hosting a Grey Medallion training program for the over 55's. This practical program provides older adults with personal survival techniques, improved swimming skills, skills to deal with emergency situations and a thorough understanding of water safety knowledge in order to reduce the likelihood of drowning.

### Program Content

- Water safety knowledge
- Resuscitation and emergency care
- Aquatic exercise
- Personal survival and lifesaving skills

### Details:

**Date:** Sunday 29th May, 2016  
**Where:** Glennie Aquatic Centre,  
Vacy Street, Toowoomba  
**Time:** 8.45am Registration  
9.00am start to finish 4.00pm (approx.)  
**Cost:** **Free**

The program will be delivered by Shayne Baker—a qualified Royal Australian Surf Lifesaving Instructor and Tadpoles member.

**LIMITED PLACES AVAILABLE—  
PLEASE REGISTER YOUR INTEREST BY FRIDAY 29th APRIL 2016**

To register, please contact [secretary@toowoombatadpoles.org.au](mailto:secretary@toowoombatadpoles.org.au) or phone Sue Walker—President—0414 693 129 or Carolyn Lunney-Secretary—0409 536 300