

Surf Life Saving is highly regarded part of our Australian way of life.

The **Altona Life Saving Club** is a volunteer community based club committed to bringing families together in a healthy and happy environment and **we would love you to join us....**

Joining **ALSC** gives you the opportunity to learn new skills, make new friends and contribute towards making Altona Beach a fun and safe place for us all to enjoy.



### **Nippers**

The Altona Nippers program aims to provide the opportunity for children to gain valuable surf and water safety information and build their skills in a safe and fun environment. The Nippers program incorporates the national Surf Education Program with activities aimed at building lifesaving, surf, competition, teamwork and leadership skills and is a training ground for tomorrow's lifesavers.

*come along to "Information Day"*

**Sunday 17<sup>th</sup> September 2017**

**11:00am – 1:30pm**

**Altona Surf Life Saving Club Rooms, 127 Esplanade, Altona**

### **Training**

Nippers training is held at Altona Beach on Sunday mornings from November to the end of March. Activities include beach sprints, flags, wading in shallow water, board paddling, swimming, relays and lots of fun games.

In addition to our weekly Nipper sessions, additional training times are available for competition teams and there's also a fantastic fitness boot camp open to all members.

**Beach Competitions** are held during the summer months from December through to March.

From age 8, nippers compete in a range of aquatic and beach events designed to promote fitness and surf skills at all levels. Events include ironman & iron woman, surf swimming, board race, ski race (U17+), beach sprint, beach flags, surf boats (U19+), rescue & resuscitation, and a number of team related disciplines

**Pool Competitions** are held during the winter months from April through to September.

All age groups and events include obstacle swims, manikin carry, super lifesaver, Line throw, individual stroke races and team a variety of team relays.

For more information, enquiries and contact details visit

Website: <http://www.altonalsc.com>

