



FAMILY LIFESAVING DAY

2 Generations, ages 6 and up, 1 child brings 1 parent

**30th July or
5th August 2026.**

For more information please
send an email to groups@clublasanta.com



Programme

Lifesaving day 30th July

09:30 – 12:00, North Pool (look for the flag)

- Welcome and water safety rules
- Learn essential survival skills together
- Family session, with focus on giving everyone experience in the water
- Knowledge on saving lives
- Rescue games & lifesaving activities
- Rescue aids, swimming with tired person
- Threading water
- Kayak or Canoe
- Learn to help yourself and others
- CPR
- Different areas such as the Laguna and the beach
- Take-home lifesaving compendium & diving toy

Programme

Lifesaving day 5th of August

14:30 – 17:00, North Pool (look for the flag)

- Welcome and water safety rules
- Learn essential survival skills together
- Family session, with focus on giving everyone experience in the water
- Knowledge on saving lives
- Rescue games & lifesaving activities
- Rescue aids, swimming with tired person
- Threading water
- Kayak or Canoe
- Learn to help yourself and others
- CPR
- Different areas such as the Laguna and the beach
- Take-home lifesaving compendium & diving toy