



2022-2023 Lifesaving Sport Training Schedule – LONDON AREA

CGAC = Canada Games Aquatic Centre	BLACK = LIFESAVING SPORT
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LIFESAVING SPORT GROUP:

- Keep Fit, Stay Healthy, Have Fun Swimming & Learning About Lifesaving Sport
- Improve Swimming and Lifesaving Technique & Skills

Ages 10-18 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM							
PM							5:30pm- 7:00pm @ CGAC