

3rd annual **vla** lifeguard competition

events

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4x25m manikin carry
first aid
pool simulations
line throws (demo sport)



august 16th.2008

mount pleasant pool

8.30am-5pm

\$65/4 person team (lunch included)

vla party to follow (see website for details)

register at second beach or call 604.257.8370



www.vancouverlifeguards.com