



"Oxygen is overrated." (Quote from first ISD Lifesaver Course)

## NEW ISD Lifesaving Course offered after Spring Break

**Who:** Ages 10 -18

**Requirements:** Must be in Level 5 according to our ISD swim guide or Bronze level according to the German program.

**When:** Mondays and Thursdays. 11 Dates

May 4, May 8, May 11, May 15, May 18, May 22,  
May 29, June 1, June 8 June 12 and June 19

**Times:** Mondays 17:45-19:15  
Thursday 17:45-18:30

**Where:** At the Rheinbad

**Cost:** 100 euros

Register at [www.isdliions.de](http://www.isdliions.de) under the  
ISD Sportverein