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ITHACA-Caloundra City Life Saving Club will hold a Junior Lifeguard Sign-on Day at Bulcock Beach on Sunday, November 2 from 8 am.

Junior Lifeguards are different to Nippers as run by the Surf Life Saving Association as the emphasis is not so much on competition as on education and Skill Development.

Any youngster between 6 and 13-years is eligible to join the junior programme with the only provisos being that they must be able to swim 25 metres and be able to tread water for one minute.

For more information, telephone Club President Helen Morris on 3366-4860 or pop down to Bulcock Beach on November 2.