

## **Swim safely this summer**

---

North Beach and Urunga surf lifesaving clubs, in partnership with Council's contract lifeguards, are gearing up for the traditionally busy summer holiday season.

The beaches at North Beach and Hungry Head will be patrolled daily from Saturday 19 December 2009 to Tuesday 26 January 2010 from 9.00am to 4.00pm.

Beachgoers are reminded that the surest way to stay safe is to swim between the red and yellow flags at patrolled beaches.

And don't forget to pack sunscreen, a hat and shirt, and plenty of water.

No tan is worth dying for – protect yourself from skin cancer.

