

BRONTE

NIPPERS

BRONTE NIPPERS PROFICIENCY REQUIREMENTS

Age group	Swim requirement (continuous freestyle)	Skills requirements
U6*	No swim requirement**	In 1 metre water depth: <ul style="list-style-type: none">float on back or front for 5 seconds, recover to stand;submerge to touch the bottom with hands;from standing, front glide for 1-2 metres and recover to stand.
U7*	No swim requirement**	In 1 metre water depth: <ul style="list-style-type: none">float on back or front for 10 seconds, recover to stand;submerge to touch bottom with hands;from standing, front glide for 2-3 metres and recover to stand.
U8	50m swim (2 laps) including swim underwater 2-3 metres	<ul style="list-style-type: none">float on back or front for 15 seconds, recover to stand;submerge to touch the bottom with hands.
U9	150m pool swim in 6 min 150m ocean swim, untimed	<ul style="list-style-type: none">10 second float: 5 seconds on back and 5 seconds on front;1 minute: treading water/sculling;submerge to touch bottom with hands.
U10	200m pool swim in 6 min 150m ocean swim, untimed	
U11	200m pool swim in 5:30 min 200m ocean swim, untimed	<ul style="list-style-type: none">10 second float: 5 seconds on back and 5 seconds on front;2 minutes: treading water/sculling;forward or backward roll / somersault underwater;submerge to touch bottom with hands.
U12	200m pool swim in 5 min 200m ocean swim, untimed	<ul style="list-style-type: none">10 second float: 5 seconds on back and 5 seconds on front;3 minutes: treading water / sculling;forward or backward roll / somersault underwater;submerge to touch bottom with hands.
U13	200m pool swim in 4.30 min 200m ocean swim, untimed	
U14	200m pool swim in 4:30 min 200m ocean swim, untimed	<ul style="list-style-type: none">10 second float: 5 seconds on back and 5 seconds on front;3 minutes: treading water/sculling;forward or backward roll / somersault underwater; and without first resurfacing:touch bottom with hands.

*U6 and U7 skills evaluation will be done in Bronte Pool on the first day of Nippers.

****All nippers (U6-U14) are expected to be in regular swimming lessons or squads.** Your children will be safer in the ocean and get much more out of Nippers if they are a confident swimmer.

Ocean proficiency swims will take place at Nippers from week 1 (surf permitting).