

BRONTE

SURF LIFE SAVING CLUB • 1903

Pool Proficiencies – St Catherine’s School Aquatic Centre (Macpherson St, Waverley) - Sunday 8 September 2024

We look forward to seeing you all for your pool proficiency swim on Sunday 8 September!

Please check the timetable below and the swim and skill requirements for each age group on page 2.

Time	Lanes 1-4	Lanes 5-8	Lanes 9-12
11.45am-12.30pm	U8G	U12B & G	U8B
12.45pm-1.30pm	U9G	U13B & G	U9B
1.45pm-2.30pm	U10G	U11B & G	U10B
2.45pm-3.15pm	U14B	U14G	

Age Managers will be running each Age Group proficiency. If you have any particular concerns, please contact your Age Manager.

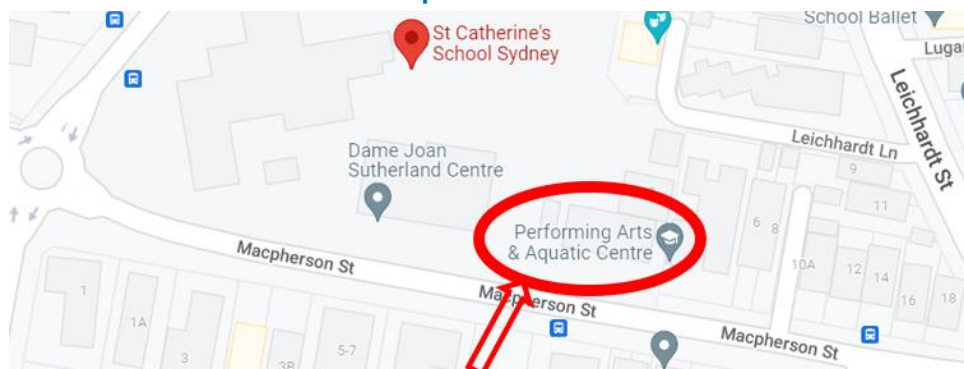
To encourage a smooth and efficient morning, please:

- Arrive on time, swimmers on, goggles (& cap) in hand and ready to go!
- Walk to the pool if you’re local or carpool if you can and head off when you’re done.
- Pool entry is on Macpherson St – please do not walk through the school (see map below).
- Water Safety required.

A kind request to parents: please don’t talk this up unnecessarily with your kids! Yes – it’s a safety requirement and they all need to complete it. But they can have a few attempts and extra pressure and nerves don’t help!

If you cannot make it, we will run some catch-up proficiencies in Bronte Pool during Nippers, but Sunday 8 September will be the only warm-water opportunity. All ocean swims will take place during Nippers.

Map: St Catherine’s School Aquatic Centre



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).