

# BRONTE

SURF LIFE SAVING CLUB • 1903

## Pool Proficiencies – St Catherine’s School Aquatic Centre (Macpherson St, Waverley) - Sunday 17 September 2023

We look forward to seeing you all for your pool proficiency swim on Sunday 17 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
11.30am-12.15pm	U8G	U12B & G	U8B
12.30pm-1.15pm	U9G	U13B & G	U9B
1.30pm-2.15pm	U10G	U11B & G	U10B
2.30pm-3pm	U14B	U14G	

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

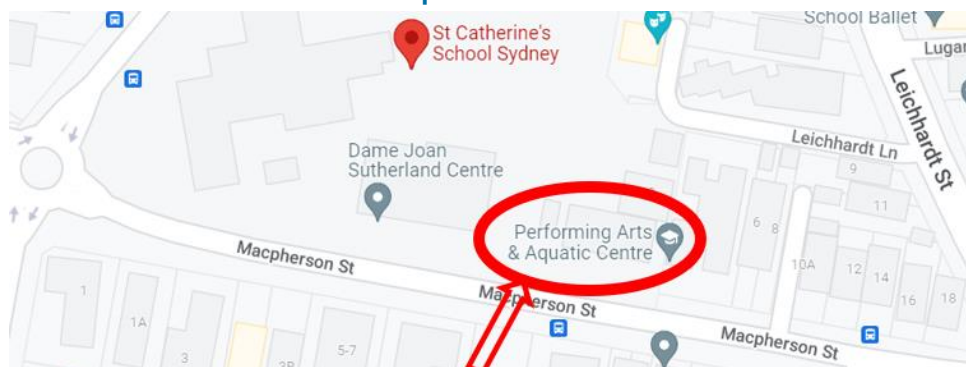
To encourage a smooth and efficient morning, please:

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

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

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