



MOOLOOLABA NIPPERS

Working Toward Pool Proficiency - Nippers Information for Parents

Not all kids will pass their proficiency on sign-on day. While we understand that it might be disappointing for your family, all kids must be competent swimmers for their age before starting Nippers, as the beach isn't where a child will learn to swim. For their safety and enjoyment, they must be confident and competent.

So, what now...you have time. While the season starts on Sunday, 17 September 2023, you have until Monday, 16 October 2023, to sign up your child.

If for any reason you decide you do not want to proceed, please contact our Operations Team – we are happy to assist with your membership: nippers@mooloolabasls.com.au

We recommend that if your child is not already in lessons, you get them into 1 or 2 lessons per week to build their confidence and ability. With school holidays, there is often the opportunity to do intensive classes over a week. Also, get down to the beach and have a swim/play between the flags to build some confidence.

Pools – Mooloolaba Surf Life Saving Club is not affiliated with any particular pool or swimming club; therefore, we recommend finding a pool that suits your family. Local pools are Kawana Aquatic Centre, Cotton Tree Aquatic, Good Life, Kozzaquatics, Mountain Creek Aquatic Centre, and Flinders Aquatic Academy. As well as swimming lessons and squads, many of these pools have school holiday intensive in the September school holidays.

Tips for floating – floating can be surprisingly difficult. Get in the water with your child and hold their lower back so they can practice floating. Get them to bend their knees, take a deep breath and tip their head back. Ask them to count to 100.

Options for re-testing – Mooloolaba Nippers are holding Pool Evaluations Days on Sun 20th Aug and Sat 9th Sept. Nippers also can be signed off by a credited swimming coach at the pool where they get their lessons or contact nippers@mooloolabasls.com.au for more information.

Reference documents:

[Pool & Beach Evaluation Summary 2023-2024](#)

[Age Groups and Cap Colours 2023-2024](#)

(Working Toward Pool Proficiency – Nippers – August 2023)