



## MOOLOOLABA NIPPERS

# Working Toward Pool Proficiency - Nippers Information for Parents

**Not all kids will pass** their pool evaluation at their first assessment. While we understand that it might be disappointing for your family, all kids must be competent swimmers for their age before starting Nippers. 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, 22 September 2024, you have until Monday, 14 October 2024, for your child to pass their pool and subsequently, their beach preliminary evaluations.

If for any reason you decide you do not want to proceed, please contact our Nipper Administration Team – we are happy to assist with your membership: [nippers@mooloolabaslsc.com.au](mailto:nippers@mooloolabaslsc.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, 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 Saturday 7<sup>th</sup> September and Sunday 15<sup>th</sup> September 2024. Nippers can also be signed off by a credited swimming coach at the pool where they get their lessons or contact [nippers@mooloolabaslsc.com.au](mailto:nippers@mooloolabaslsc.com.au) for more information.

### **Reference documents:**

[Pool & Beach Evaluation Summary 2024-2025](#)

[Age Groups and Cap Colours 2024-2025](#)

*(Working Toward Pool Proficiency – Nippers – August 2024)*