



NIPPER PROFICIENCY

SWIMS

When: 26th September & 17th October 2020, 4.00-5.30pm

Where: Manly Aquatic Centre, 1 Kenneth Rd, North Manly

U8

25m swim (any stroke) and 1 min survival float.

Carnival proficiency: N/A

Ocean proficiency: N/A

U9

25m swim (any stroke) and 1 min survival float.

Carnival proficiency: 200m in 6 mins

Ocean proficiency: 150m

U10

25m swim (any stroke) and 1.5 min survival float.

Carnival proficiency: 200m in 6 mins

Ocean proficiency: 150m

U11

50m swim (any stroke) and 2 min survival float.

Carnival proficiency: 200m in 5 mins

Ocean proficiency: 200m

U12

100m freestyle swim and 2 mins survival float.

Carnival proficiency: 200m in 5 mins

Ocean proficiency: 200m

U13

150m freestyle swim and 3 mins survival float.

Carnival proficiency: 200m in 5 mins

Ocean proficiency: 200m

U14 / SRC

200m freestyle swim (in <5min) and 3 mins survival float.

Carnival proficiency: 200m in 5 mins

Ocean proficiency: 200m

Search for North Steyne Nippers.