



northburleigh
surflifesavingclub

northburleighjuniors

sign-on day

**sign -
on day**

**Become a North Burleigh Junior Lifesaver
– For Children 5 to 13 years**

**when &
where**

SUNDAY 23rd August 9am – 11.30am
SUNDAY 30th August 9am – 11.30am
Marymount College – Reedy Creek Road, West Burleigh

**What to
bring**

Copy of Birth certificate or Proof of age required for all first time members
Please remember goggles, swimwear & towel
\$2 Pool entry fee per swimmer will be required

**Things
you
should
know**

At least one parent **MUST** join as a financial member of the North Burleigh Surf Life Saving Club to become an Associate member
Sign-On & Pool Swim Proficiency will be completed on the day
Junior Swimwear available to purchase on the day
Payment Methods: Cash, Cheque or Credit Card

Pool Proficiency requirements for each age group:



U6's
U7's
U8's
U9's
U10's
U11's
U12's
U13's
U14's

Kick off the wall with face in water & 30 sec survival float
Torpedo (push off wall) with face in the water & 30 sec survival float
50 metre swim freestyle & 1 min survival float
50 metre swim freestyle & 1 min survival float
100 metre swim freestyle & 1.5 min survival float
100 metre swim freestyle & 2 min survival float
200 metre swim freestyle & 2 min survival float
300 metre swim freestyle & 3 min survival float
400 metre swim freestyle 9 mins & 3 min survival float

Enquiries to North Burleigh SLSC

p: 07 5576 1604 e:office@northburleighslsc.com.au w: www.northburleighslsc.com.au

'Nippers' will commence

8.30am - Sunday 6th September 2009



Where to meet

Meet on the grassed area in front of the club
North Burleigh SLSC – 293 The Esplanade, Miami

Don't Forget

Please remember sunscreen, goggles, club swimwear, towel & water.

Run, Swim, Run Proficiency Requirements

First round of Run, Swim, Run Proficiency will commence on:

- Saturday 5th September 2009 at 8.30am

Ages under 8's to under 14's only

U8's	run wade run	(25m-25m-25m)
U9's & U10's	run swim run	(50m-50m-50m)
U11's & U12's	run swim run	(50m-100m-50m)
U13's & U14's	run swim run	(100m-100m-100m)



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