

Swim Proficiency

Name		Surname		Date of Birth	
Parent Name		Parent Cell		Parent Email	



Lifeguards in Training

Starfish • MicroNippers • Nippers

Check	Age Group / Level	Distance	Stroke	Maximum Time
	U9/10 (Level 1)	300m (12 lengths) 25m pool	Freestyle	8 minutes
	U11/12 (Level 2)	400m (16 lengths) 25m pool	Freestyle	10 minutes
	U13/14 (Level 3)	400m (16 lengths) 25m pool	Freestyle	9 minutes

Splits	Time
50m	
100m	
150m	
200m	
250m	
300m	
350m	
400m	

Date		Level		Time	
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Coach Name		Coach Signature	
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