

## Coogee Minnows

### Swim Proficiencies 2022-2023

<b>Age Group</b>	<b>Proficiency Swim (Performed at the Beach first 2 weeks of Minnows)</b>	<b>New Member Pool Proficiency (Performed Prior to Season Start)</b>	<b>Competition Proficiency</b>
<b>U6</b>	From a standing position in waist-deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	NA	NA
<b>U7</b>	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	NA	NA
<b>U8</b>	25m swim (any recognised stroke) 1-minute survival float	NA	NA
<b>U9</b>	100m swim (any recognised stroke) 1.5 minute survival float	150m Swim (freestyle) 6min	150m within 10 mins.
<b>U10</b>	150m swim (any recognised stroke) 1.5 minute survival float	200m Swim (freestyle) 6min	150m within 10 mins.
<b>U11</b>	150m swim (any recognised stroke) 2 minute survival float	200m Swim (freestyle) 6min	300m within 10 mins
<b>U12</b>	200m swim (any recognised stroke) 2 minute survival float	200m Swim (freestyle) 5min	300m within 9 mins.
<b>U13</b>	200m swim (any recognised stroke) 3 minute survival float	200m Swim (freestyle) 5min	300m within 9 mins.
<b>U14</b>	200m swim (any recognised stroke, in less than 5 minutes) 3 minute survival float	200m Swim (freestyle) 5min	300m within 8 mins.