



NIPPER LESSON 1

Time	U8 - Surf Aware 1	U9 - Surf Aware 2	U10 - Surf Safe 1	U11 - Surf Safe 2	U12 - Surf Smart 1	U13 - Surf Smart 2
8:50 - 9:25				Lesson 1: Intro to Surf Life Saving Lesson 2: Personal Safety	Lesson 1: Intro to Surf Lifesaving Lesson 15: Beach Sprint & Relay	Preliminary Assessment Lesson 1: Intro to Surf Lifesaving
9:25 - 10:05	Lesson 1: Intro to Surf Life Saving Lesson 12: Beach Flags	Lesson 1: Intro to Surf Life Saving Lesson 2: Personal Safety Lesson 3: Ecosurf	Lesson 1: Intro to Surf Life Saving Lesson 2: Personal Safety Lesson 3: Ecosurf	Lesson 13: Beach Sprint & Relay	Preliminary Assessment Lesson 10: Signs & Signals	Lesson 11: Board Race
10:10 - 10:45	Lesson 2: Personal Safety Lesson 3: Ecosurf Lesson 4: Sun Safety	Preliminary Assessment Lesson 8: Signs & Signals	Lesson 4: Sun Safety Lesson 13: Beach Sprint & Relay	Preliminary Assessment Lesson 8: Signs & Signals	Lesson 12: Board	Lesson 2: Personal Safety Lesson 3: Ecosurf Lesson 5: Surf Safety
10:50 - 11:25	Preliminary Assessment Lesson 8: Signs & Signals	Lesson 4: Health & Wellbeing Lesson 12: Beach Flags	Preliminary Assessment Lesson 7: Signs & Signals	Lesson 9: Board Lesson 10: Board	Lesson 2: Personal Safety Lesson 3: Ecosurf Lesson 4: Sun Safety	Lesson 14: Beach Sprint & Relay
U8 PARENTS & NIPPERS CLEANING ROSTER						
Key	Swim Area U8-U9	Board Area U8-U9	Beach Flags Area	Beach Sprints Area	Lawn Area	Clubhouse
	Swim Area U10-U13	Board Area U10-U13				