



St Kilda Surf Life Saving Nippers Programme 2025-26

Nippers Programme for children under 14 years old

The St Kilda Nippers Programme aims to create a fun, enjoyable, positive and safe atmosphere, while developing the children's confidence in the surf and developing their water safety knowledge. This is achieved through beach education, board training and pool sessions at Moana swimming pool.

The Saturday Summer Beach Education sessions are held November to April at St Kilda Beach from 2:00-3:00pm. With the help of lifeguards and parents the Nippers work on basic ocean safety, learning their limits and how to read the beach and ocean. We also develop the skills required for future lifeguarding through use of the NZSLS sports disciplines of beach flags, sand sprints, relays, and ocean based events of swimming and board training.

Information Day 1st November 2-4pm

For new or existing members interested in more information

Come Chat and ask any questions you may have (not a beach/water activity day)

SEASON OPENING DAY 8th November 2-3pm

Meet at the club house for a quick introduction and season briefing....

followed by the beginning of another epic season of St Kilda Surf Life Saving Nippers



General information

Summer training -We encourage all children to attend the Saturday session and then supplement the others depending on their age/fitness and passion.

Monday evening 5:30-6:30 Board training (200m Badge required)

Wednesday evening 6:30-7:15 Swim training at Moana Pool

Saturday Club Day 2:00-3:00 - Surf training and education

Winter

Wednesday evening 6:30-7:15 pm swim training at Moana pool

Swim training is run through the combined clubs, we strongly recommend all children have lessons to ensure the best exposure to water safety and skills for survival.

Please follow the QR code to the google doc enrolment form

Or email any questions to skslscnippers@gmail.com

