



Each October until March, hundreds of central coast kids aged 5 – 14 years swap the beach for the classroom as they head down on Sunday mornings to North Avoca Beach. Here our Nippers gain confidence and start learning about surf awareness and safety, swimming, body surfing, beach sprints and flags, dolphin-diving, spotting rips and most importantly, having fun with new friends and developing surf skills.

In addition to our Sunday morning program, Nippers from U8s – U14s are able to test their skills against competitors from other clubs in different Surf Life Saving Carnivals held over summer culminating in the SLSNSW Age Championships. We provide training to all children with in-house club coaches in board, swim and sprint. We encourage all nippers to take part in our club.

Our main objective at North Avoca SLSC is to provide our Nippers with the skills, training and education to enjoy the surf, competition and in time become the lifesavers of tomorrow. These skills gained today will be carried with them for life.

Become a Member – if you are interested in joining our program please email us at:

office@northavocaslsc.com.au or contact our Directors of Junior Education:

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