

Swim School Award Scheme

Level	Entry requirements	ASA Learn to Swim Award
Adult & Infant	This class is aimed at infants from 3 months until they are able to walk with no support from an adult. An adult must accompany the child in the water. The lesson focuses on promoting early water confidence and basic motor skills in a fun and friendly environment.	Discovery Duckling 1 and 2
Adult & Toddler	This class is aimed at Toddlers who can walk with no support from an adult up to 3 years old. An adult must accompany the child in the water. The lesson focuses on promoting early water confidence, basic motor skills and introduces independent movement in a fun and friendly environment.	Discovery Duckling 3 and 4
Pre School 1	This class is aimed at children between 3 – 5 years who are new to swimming lessons or are not yet water confident e.g. unable to submerge their face confidently, float on their front and back unaided.	Duckling 1 and 2 I CAN Awards: Enter the water Exit the water Blow bubbles Float on front Float on back
Pre School 2	This class is aimed at children between 3 – 4 years who have previously attended adult and child swimming lessons or are water confident e.g. able to submerge their face confidently, float on their front and back unaided and paddle/kick a short distance unaided.	Duckling 3 and 4 I CAN Awards: Roll over Swim Enter-turn-return Jump in
Stage 1	For children 5 years and over who are new to swimming lessons and are not yet water confident e.g. unable to submerge their face confidently, float on their front and back unaided.	Stage 1
Stage 2	For children 4 years old and over who have passed Pre School 2 or Stage 1 and are water confident e.g. able to submerge their face confidently, float on their front and back unaided and paddle/kick a short distance unaided.	Stage 2
Stage 3	For children who have passed Stage 2 or able to travel 5 metres on both the front and back without the use of buoyancy aids, able to regain standing and blow bubbles into the water.	Stage 3
Stage 4	For children who have passed Stage 3 or are able to travel 10 metres on their front and back unaided with a basic technique. Confident to jump in and submerge under water and have experience in deep water.	Stage 4
Stage 5	For children who have passed Stage 4 or are able to kick 10 metres of frontcrawl, backstroke, breaststroke and butterfly with good technique and swim 10 metres of a stroke.	Stage 5
Stage 6	For children who have passed Stage 5 or able to swim 10 metres of frontcrawl, backstroke, breaststroke and butterfly with good technique and are able to confidently tread water and perform somersaults in the water.	Stage 6
Stage 7	For children who have passed Stage 6 or are able to swim 10 metres with clothes on, swim frontcrawl, breaststroke and butterfly with rhythmical breathing, swim 25 metres correct technique of at least 1 stroke, able to surface dive to the bottom of the pool, confident in deep water and able to swim with clothes on confidently.	Stage 7
Stage 8 - 10	For children who have passed Stage 7 or are able to swim 25 metres of frontcrawl, backstroke, breaststroke and butterfly demonstrating correct technique, swim 100 metres using 3 different strokes, perform a competent sitting dive and tread water using eggbeater leg action. There are several aquatic routes to choose from: Rookie Lifesaving, Swimming Challenge, Multi Aquatics, Mini Polo, Synchronised Swimming, Diving, and Competitive Swimming. Please contact your local Leisure Centre to see which of these are on offer.	Stage 8, 9 and 10
Adult Beginner	For pupils aged 16 years old and over to promote water confidence and develop core aquatic skills which enable a solid foundation to start learning the strokes.	Adult Swimming Stage 1, 2 and 3
Adult improver	For pupils aged 16 years old and over who are able to swim at least 10 metres on their front and back. This lesson will further improve stroke technique, develop on previous core skills learnt with an introduction to deep water.	Adult Swimming Stage 4 and 5
Adult Advance	For pupils aged 16 years old and over who are able to swim at least 25 metres. This lesson will focus on stroke development and endurance.	Adult Swimming Stage 6 and 7