



Awards Summary

Pre-School: Ages 3 to 4 years (Swim England: Stage 1)

On completion of all of the competencies in this stage, the participants will be able to consistently perform the following with/without support or aids: (activity depending)

1. Perform the following skills: entry and exit of the pool, blow bubbles rhythmically, submerge face, nose, mouth and ears, floatation, push and glide, regain upright position on front and back.
2. Move forwards, backwards and side wards for 5 metres.

Non-Swimmer: Ages 4+ years (Swim England: Stages 1 and 2)

On completion of all of the competencies in these stages, the participants will be able to consistently perform the following without support or aids:

1. Perform the following skills: jump from poolside, submerge head, floatation, push and glide, and regain upright position on front and back.
2. Travel for 5 metres on front and back.

Beginner: Ages 4+ years (Swim England: Stages 3 and 4)

On completion of all of the competencies in these stages, the participants will be able to consistently perform the following without support or aids:

1. Perform the following skills: jump from poolside, full submersion, floatation, push and glide on front and back.
2. Travel for 10 metres on front and back.
3. Kick for 10 metres for all 4 individual strokes.
4. Swim for 10 metres using any of the individual strokes.

Improver: Ages 4+ years (Swim England: Stages 4 and 5)

On completion of all of the competencies in these stages, the participants will be able to consistently perform the following without support or aids:

1. Perform the following skills: full submersion, floatation, streamlined push and glide, kicking, rotation, treading water, sculling and jumping sequences.
2. Swim for 10 metres for all 4 individual strokes with arms and legs, correct breathing and timing for each stroke.

Advanced: Ages 4+ years (Swim England: Stages 6 and 7)

On completion of all of the competencies in these stages, the participants will be able to consistently perform the following without support or aids:

1. Perform the following skills: full submersion, floatation, streamlined push and glide, kicking, rotation, treading water, sculling and sitting dive entry.
2. Swim for 25 metres for all 4 individual strokes using correct rhythmical breathing and timing for each stroke.
3. Swim for 50 metres continuously using 1 of the 4 individual strokes with correct breathing and timing techniques.
4. Swim for 100 metres using a minimum of 3 different strokes with correct breathing and timing techniques.