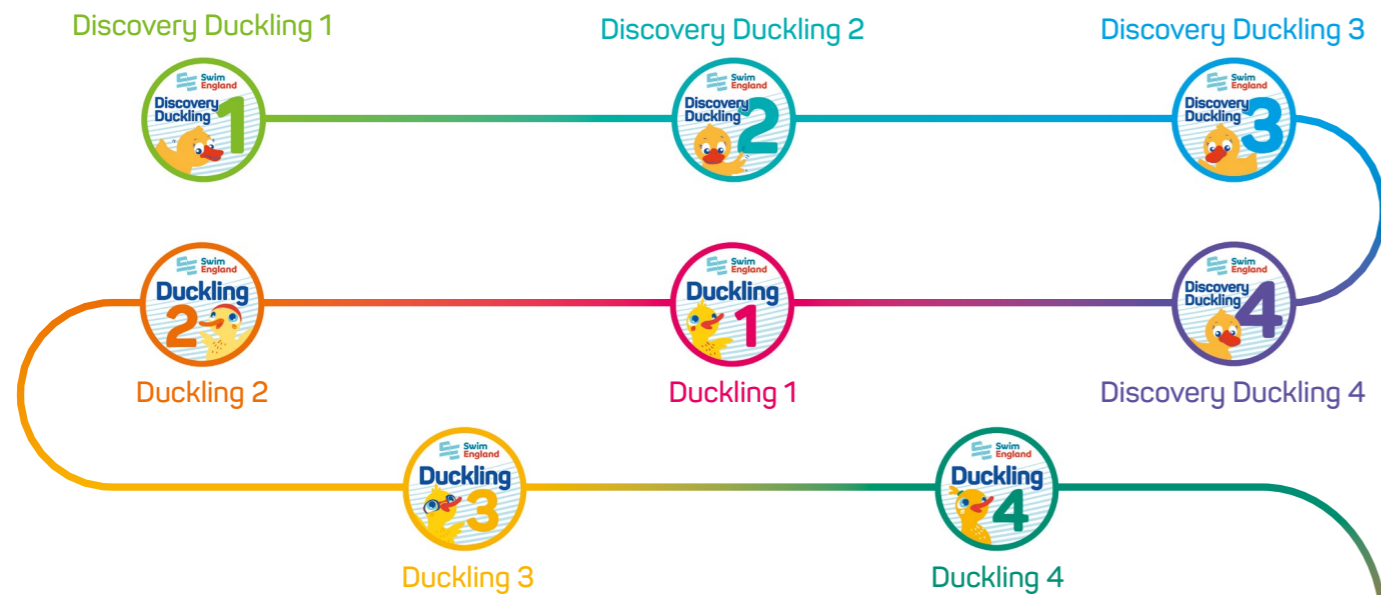


# Learn to Swim Programme

## ○ Pre-School Framework



## ☆ Learn to Swim Framework



## ☆ Aquatic Skills Framework



The Swim England Learn to Swim Programme is a world-leading syllabus to support children and adults to learn to swim. Learning to swim is a fantastic experience that opens up a world of possibilities to everyone, as well as making them safer in the water.

The Learn to Swim Awards are a great way to keep swimmers motivated throughout their swimming journey. On the left you will see the 'core' Awards, and on the right are the complementary Awards. These rewards will keep children (and adults!) enjoying their swimming whilst progressing through the Programme.

### ○ Pre-School Framework

Perfect for baby, toddler and pre-school children, building the beginnings of a lifelong love of water.

#### Complementary Awards

- I Can... Awards
- Puffin Award
- Adult & Child Award
- Blank/Achievement Award



Puffin



I Can...

Ask your swim teacher about the Pre-School Medal – don't miss out!

#### What's next?

Move on to the Learn to Swim Framework where there's lots more Awards to collect! →

### ☆ Learn to Swim Framework

Ideal for children aged four through to 11, developing confident and competent swimmers through fun and enjoyment.

#### Complementary Awards

- I Can... Awards
- Puffin Award
- Rainbow Distance Awards
- Preliminary Safety Skills Award
- Water Skills Awards
- Swimming Challenge Awards
- Personal Survival Awards
- Water Rescue Award
- Blank/Achievement Award

Rainbow Distance 10m Front Crawl



Preliminary Safety Skills



Rainbow Distance 5m



Rainbow Distance 25m

Ask your swim teacher about the Learn to Swim Medal – don't miss out!

#### What's next?

Continue the swimming journey with one of the four disciplines in the Aquatic Skills Framework, or join a local swimming club! →

### ☆ Aquatic Skills Framework

Perfect for children that have completed the Learn to Swim Stages 1-7 looking to develop sport specific skills.

#### Complementary Awards

- Rainbow Distance Awards
- Swimming Challenge Awards
- Personal Survival Awards
- Water Rescue Award
- Competitive Start Awards
- Pre-Competition Development Awards
- Speed Awards
- Swimming Stroke Awards
- Competitive Swimming Performance Awards



Swimming Challenge

Personal Survival 2



Rainbow Distance

Ask your swim teacher about the Elite Swimmer Medal – don't miss out!

#### What's next?

Congratulations! Now it is time to join a Club. There are clubs across the country for swimming, diving, water polo and synchronised swimming. They are the best way to take your favourite sport to the next level. Who knows, you could be representing the National team in a few years! →