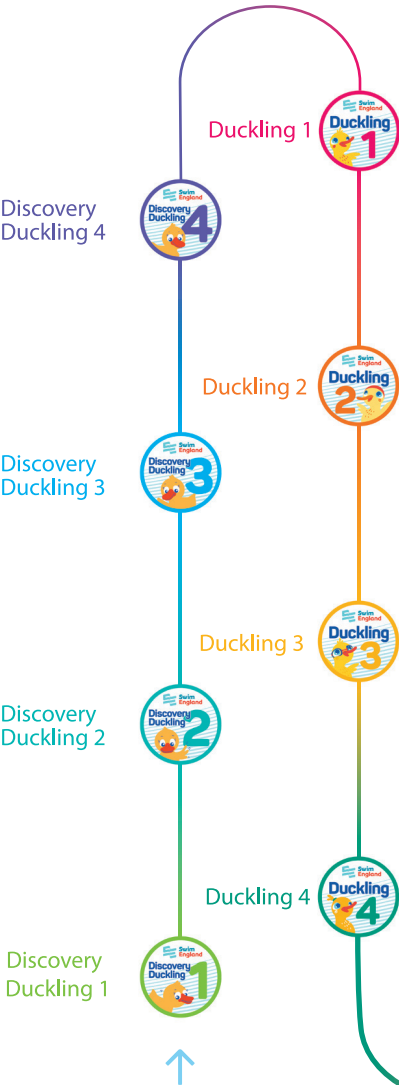


# Learn to Swim Awards journey

## ○ Pre-School Framework

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



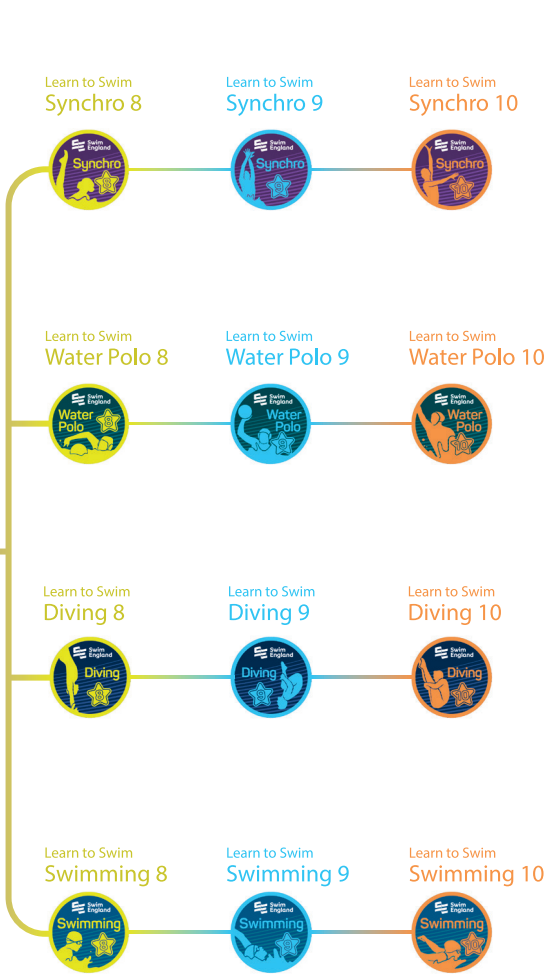
## ☆ Learn to Swim Framework

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



## ☆ Aquatic Skills Framework

Perfect for children who have completed the Learn to Swim Stages 1-7 and are now looking to develop skills.



## Adult Swimming Framework

For older teens and adults looking to make a start with swimming, build water confidence and/or improve their swimming technique.



The Swim England Learn to Swim Programme is a world-leading syllabus, helping children and adults to learn how to swim. It's a fantastic experience that opens up new possibilities for everyone, as well as supporting their confidence, enjoyment and safety in the water. Swim England Learn to Swim Awards are a great way to keep learners of all ages and abilities motivated throughout their swimming journey. Our Awards scheme includes both 'core' and complementary Awards. The diagram here shows a swimmer's journey through the core Awards of the four Learn to Swim Frameworks.

# Learn to Swim complementary Awards

Complementary Awards keep learners enjoying their swimming whilst they progress through the Learn to Swim Programme. These can be achieved alongside the core Awards in each Framework to reward smaller steps or demonstrate achievement of new skills. Here you will find information on our complementary Awards and the next steps learners can take after achieving their Awards.

Swim England recommends aiming to achieve three Awards per year.

## ○ Pre-School Framework

### Complementary Awards

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

### What's next?

It's time to move on to the Learn to Swim Framework where there's lots more Awards to collect!



Celebrate completion of this Framework with the Swim England Pre-School Swimmer Medal. Don't miss out! Ask your swimming teacher for more details.

## ☆ Learn to Swim Framework

### Complementary Awards

- I Can... Awards
- Puffin Award
- Alpha Step Awards
- Rainbow Distance Awards
- Water Skills Awards
- Preliminary Safety Skills Award
- Personal Survival Awards
- Blank/Achievement Award

### What next?

Continue the swimming journey with one of the four disciplines in the Aquatic Skills Framework, or join a local swimming club to enjoy regular participation.



Celebrate completion of this Framework with the Swim England Learn to Swim Medal. Don't miss out! Ask your swimming teacher for more details.

## ☆ Aquatic Skills Framework

### Complementary Awards

- Rainbow Distance Awards
- Swimming Challenge Awards
- Swimming Stroke Awards
- Personal Survival Awards
- Water Rescue Award

### What's next?

Congratulations! Now it's 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!



Celebrate completion of this Framework with the Swim England Elite Swimmer Medal. Don't miss out! Ask your swimming teacher for more details.

## Adult Swimming Framework

### Complementary Awards

- Adult Distance Awards

### What's next?

Amazing! We hope you feel confident and ready to make swimming a part of your everyday active lifestyle. This could be as a Swim England Just Swim member, or even as part of a Swim England Masters club where you could go on to compete internationally!

*just swim*

 **Swim England Masters**