

# Learn to Swim Awards Journey

**i** Awards listed in blue boxes are complementary. They can be achieved alongside the core Awards to reward smaller steps or demonstrate achievement of new skills.

## ★ Pre-School Framework

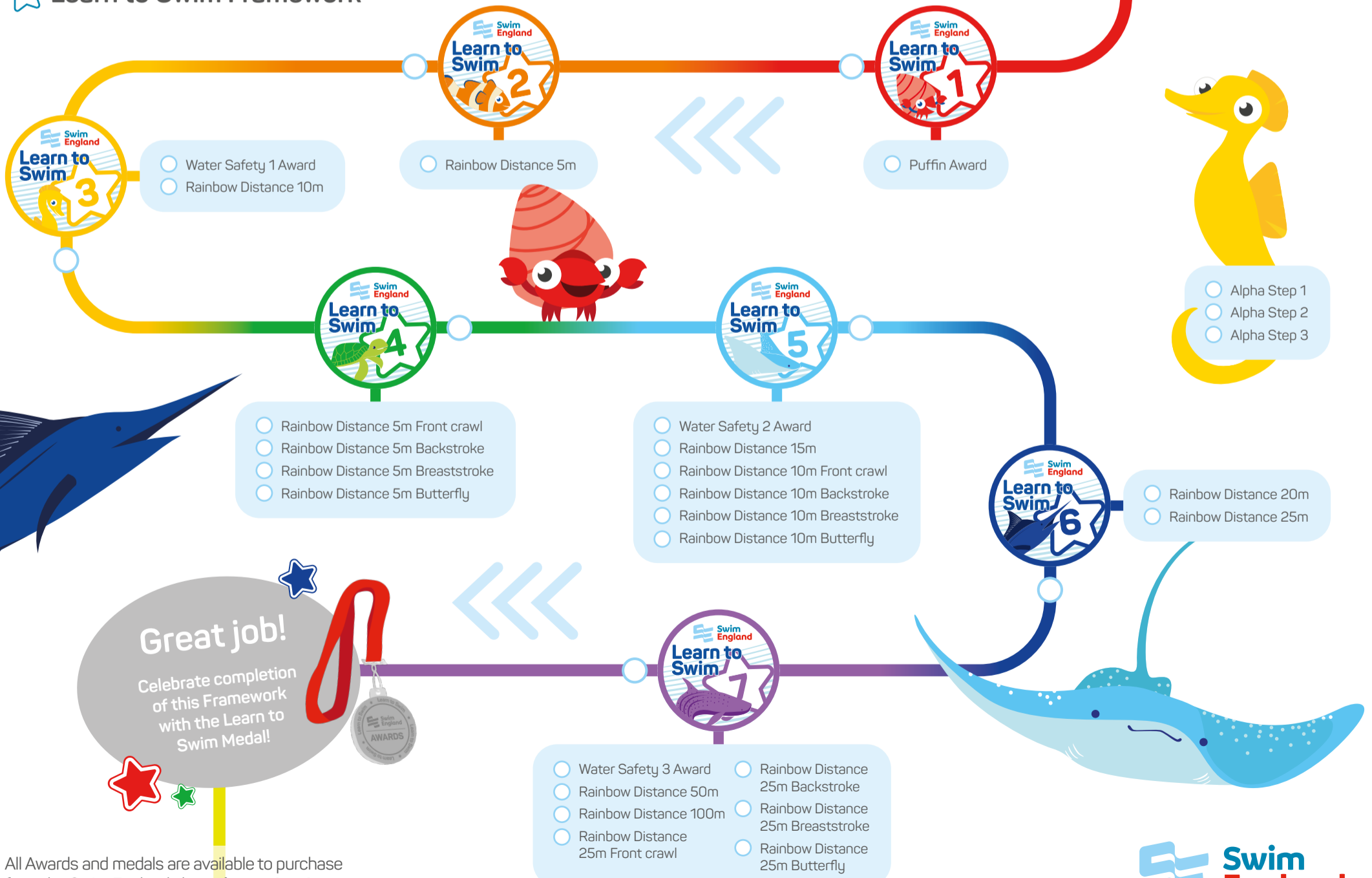
**Get started**  
 Tick Awards once achieved ✓



- I CAN Blow Bubbles
- I CAN Enter The Water
- I CAN Enter, Turn, Return
- I CAN Exit Safely
- I CAN Float On My Back
- I CAN Float On My Front
- I CAN Jump In
- I CAN Roll Over
- I CAN Swim
- Adult and Child



## ★ Learn to Swim Framework



**Great job!**

Celebrate completion of this Framework with the Learn to Swim Medal!

All Awards and medals are available to purchase from the Swim England shop: [shop.swimming.org](http://shop.swimming.org)

# ★ Aquatic Skills Framework

- Swimming Challenge Bronze Award
- Rainbow Distance 200m
- Rainbow Distance 400m



- Swimming Challenge Silver Award
- Rainbow Distance 600m
- Rainbow Distance 800m



- Swimming Challenge Gold Award
- Swimming Challenge Honour Award
- Rainbow Distance 1000m
- Rainbow Distance 1500m
- Rainbow Distance 1 mile
- Rainbow Distance 2000m
- Rainbow Distance 3000m
- Rainbow Distance 4000m
- Rainbow Distance 5000m



**What could be next for you?**

Continue your journey with us by joining a club within your discipline! Go to [swimming.org/sport](http://swimming.org/sport) to find out more.

**Well Done!**

Celebrate completion of this Framework with the Elite Swimmer Medal!

Swim England recommends aiming to achieve three Awards per year.