

New framework stages exit criteria

AQUANAUTS SWIMMING CLUB

bronze		silver		gold	
Beg1	beg 2	beg 2 deep	improvers	stroke developers	club
Scottish swimming Old level 1	Old level 2-3	Old level 4-5	Old level 6-7	Old level 8	Bronze squad at club
New framework - Preschool 3-5 yrs. old	1ab 5 years +	2ab	3	4	Club ready swimmer
become water confident and develop skills (buoyancy aids are required)	further develop confidence skills + develop skills without aids	increase the competency of skills and develop basic stroke technique	introduce more advanced stroke technique and achieve triple S standard	improve stroke technique, introduce multi-aquatic Disciplines and basic life-saving skills.	improve and maintain stroke technique over distance and develop basic training and race skills
Safe Entry/Exit Without Assistance	Demonstrate Repetitive Bobbing For 30 Seconds	Head First Surface Dive to Retrieve an Object From 1.2 M (bottom of pool- with hands)	Enter and Exit the Pool Without Using the Steps	Perform A Dive with Transition to Stroke	Swim 100m Front Crawl Maintain Efficient Technique and Incorporation Race Skills
Blow Bubbles Through Mouth/Nose Fully Submerged Bob up and down	Demonstrate A Mushroom Float	Kick on Front for A Minimum 15 Metres	Scull For 10/15 Meters head / feet first on front and back	perform A Straddle Jump and Tread Water For 45 Seconds – egg beater kick etc	Swim 100 Back Crawl Maintain Efficient Techniques and Incorporation Race Skills
Understand basic pool rules	Demonstrate Floatation on Front + Back Without an Aid for 10 seconds	Kick on Back for A Minimum 15 Metres	Travel on Front and Perform A Somersault Finishing in A Streamlined Position	Swim Minimum Of 50m of F/c Demonstrating P + G, Good Technique with Bi-Lateral Breathing High Elbow, Reach and Pull	Swim 50m Breast Stroke Maintain Efficient Technique and Incorporation Race Skills
Demonstrate (floating) Streamlining on Front+ Back With/Without an Aid-regain feet	Demonstrate A Sculling Action	Demonstrate A Push and Glide with Leg Kick For 5 Metres Holding Streamline Position Front and back	Swim 25/50m Front Crawl Bi lateral breathing Consistently Maintaining Correct Techniques	Swim Minimum 50m Of Back Stroke Demonstrating P + G Good Technique Steady Head Position with Rolling of The Shoulders. good rhythm	Swim 25m Butterfly Maintain Efficient Technique and Incorporating Race Skills
Travel 5 Metres on Front or Back with Or Without A Buoyancy Aid (noodle/float) face in water	Demonstrate A Push and Glide front and back - regain feet	Scull 10m Head First on Back with Aid/ supported head first/ feet first	Swim 25/50m Back Crawl head still Consistently Maintaining Correct Techniques	Swim 50m Breast Stroke demonstrating push and glide good technique and basic undulation	Attempt 100m Individual Medley Incorporating Race Skills
Jump in Without Assistance	Kick on Front and Back with Or Without A Float For 10 Meters	Swim 15m Front Crawl with Regular Breathing to the side Understanding of bilateral breathing	Demonstrate 25m Breast Stroke with Simultaneous Arm and Leg Action	Swim Minimum Of 15m Butterfly Demonstrating Push and Glide, Competent Technique and Basic Undulation	Understating of Lane Discipline and Use Of pace Clock
Demonstrate 3 Different Movements Across the Pool face in water	Swim 10m Front Crawl Consistently breathing to the side	Swim 15m Backstroke Consistently Keeping head still	Demonstrate Basic Butterfly Action 10m	Demonstrate good push and glide and streamline on front/back underwater for 5m	Turns – Fc Back breast
Pick object from the bottom of the pool in shallow water – with/ without assistance with hands	Swim A Minimum Of 10 Metres Consistently Demonstrating Backcrawl – head still	Demonstrate Breaststroke Leg Kick	Travel 5m With an Undulating Body Action (Dolphin)	Pull buoys – sculling 25m front head first /feet first 25m on back head first / feet first	Fly to back turn Back to breast turn Breast to front turn
Roll 180 degrees from front to back then back to front then regain feet with/without an aid	Swim through a submerged hoop	Swim 10m on front showing breast stroke type action pull- breathe- kick glide	Tread Water For 30 Seconds Waving One Hand Above the Head to Attract Attention	Pull buoys – Swim 25m front crawl 25m back crawl	Practice - Relay changeover
Front crawl kick with or without an aid unassisted streamline	Safe pool entry/exit from a sitting or standing position	Demonstrate a kneeling dive	Complete Triple S Award	Introduction to Lane discipline Pace clock 1m order turns	
Back crawl kick with or without an aid unassisted streamline	Demonstrate rotary breathing – show head turning to the side to breathe	Demonstrate 3 different floating positions and jumps	Demonstrate a standing dive/ Kneeling dive into deep water		
Swim unassisted front/back	Rotate 360 degrees without touching the floor back to front to back	Demonstrate a forward summersault from a standing position	Push and glide off wall kick in streamline position for 5 m front and back		
Must have completed one session with no goggles on before moving up	Freestyle / backstroke arm action with a board for 5 meters	Handstand in shallow water	Kick on front and back for 4 x 25m		
Must be off noodle – using floats only	Demonstrate 3 different floating positions	Tread water/ help position	Swim 25m - using a pull buoy on front/back		
Must be able to jump into deep water before moving up – with noodle	Retrieve sinkers	Must have completed one session with no goggles on before moving up	Head first surcace dive retrieving an object from the pool floor 1.2m		
Must be able to jump into deep water before moving up – no noodle	Jumping in water	Must have completed one session wearing pyjamas in the water (part session)	Rookie lifeguard wearing pyjamas in the water (part session)		
	Must have completed one session with no goggles on before moving up				
	Must be able to jump into deep water before moving up – no noodle				

The Early Years Programme Is Designed to Introduce You and Your Child to The Water in A Fun Way, Making It Exciting and Enjoyable for You both. It will provide you with the confidence and skills to help teach your child to swim.

The programme provides a fun, progressive and all-inclusive pathway for children to participate in any aquatic discipline to whatever level they aspire to. It has the core philosophy of being fun, child-centered and based on establishing the core aquatic skills which are fundamental to a child learning more complex skill.