

# 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**

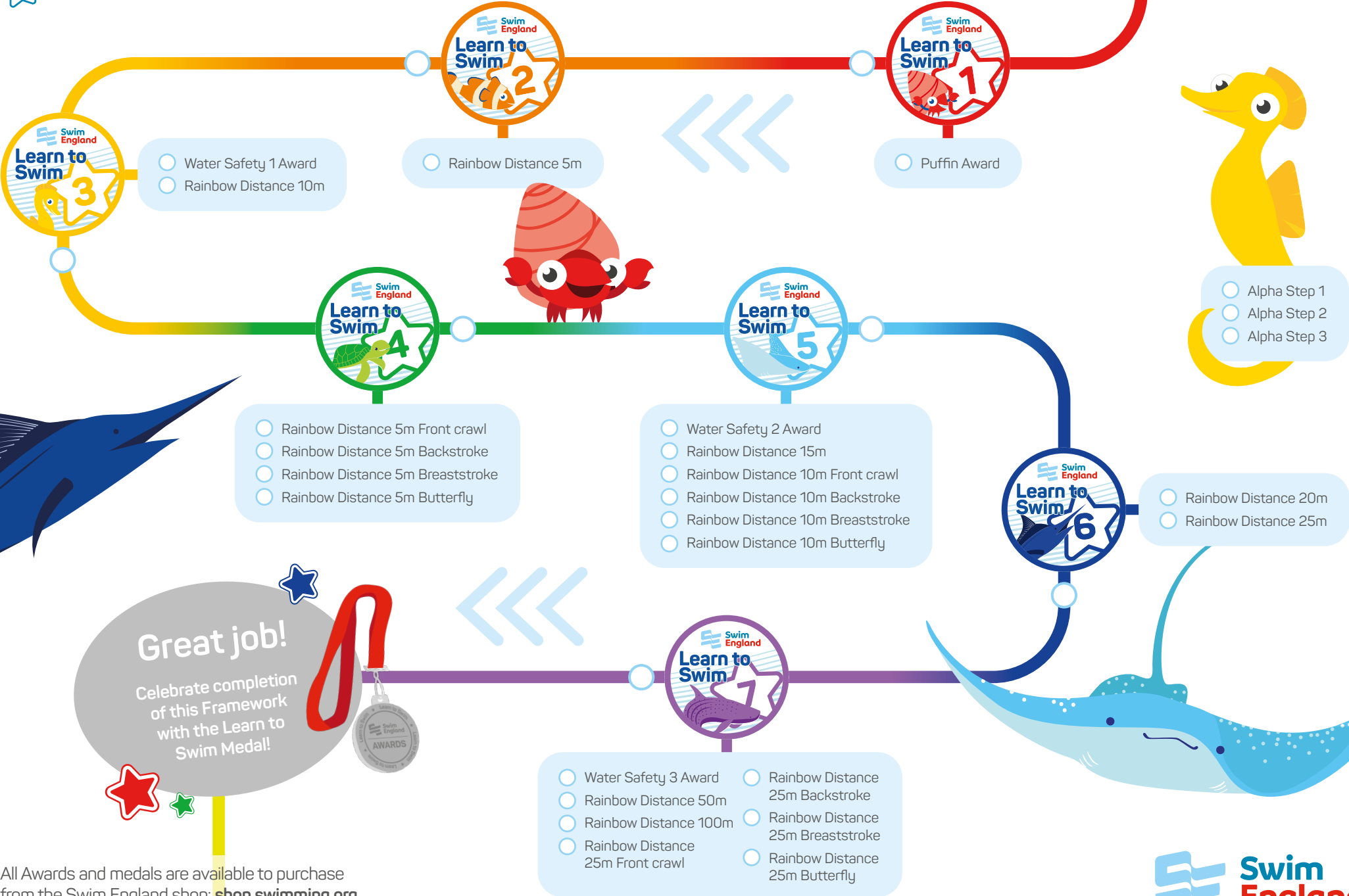
Tick Awards once achieved 



- ☐ 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



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



**Well Done!**

Celebrate completion of this Framework with the Elite Swimmer Medal!

**What could be next for you?**

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

Swim England recommends aiming to achieve three Awards per year.