



Stage Entry Descriptions

Not sure what stage your child is at? Take a look at our stage descriptors. You can also arrange to have your child assessed to ensure they are learning at the right point of their swimming development.

Stage 1:

- Nervous, non-swimmers
- Unhappy to put face in the water
- Happy to put face in the water with complete assistance
- Confident in the water but lacks swimming ability
- Little to no swimming ability
- Can travel small distances with partial assistance or unaided
- Comfortable moving in shallow water
- Able to float briefly with support
- Can demonstrate basic water safety awareness (e.g., staying near the edge)

Stage 2:

- Confident in the water
- Can swim short distances with minimal assistance
- Comfortable putting face in the water and blowing bubbles
- Can perform a star float on front and back
- Can swim 3m independently on front and/or back
- Can swim 5m on front and back using a float

- Happy to jump in and fully submerge
- Able to demonstrate basic arm movements for freestyle and backstroke
- Familiar with the concept of using legs for propulsion (push and glide)

Stage 3:

- Confident swimming underwater
- Can swim 5m on front and back with arms recovering above the water in a recognized stroke
- Knowledge of breaststroke arm technique
- Happy to jump in from poolside and fully submerge
- Can collect an object from the bottom of the pool
- Can perform a basic streamlined position while pushing off the wall
- Comfortable with various entry techniques (jumping, sliding)
- Able to float on back and front with some independence
- Can demonstrate effective kicking techniques on front and back
- Familiar with basic water safety concepts

Stage 4:

- Can swim 10m in front crawl and backstroke
- Able to turn feet out and perform a breaststroke kick
- Understanding of and has attempted dolphin kick
- Can independently collect sinkers from the bottom of the pool
- Understanding and ability to perform bilateral breathing (breathing to the side)
- Can perform a sequence of at least three changing shapes while floating, demonstrating understanding of buoyancy
- Comfortable with various entry techniques and safe entries into the water
- Able to maintain a streamlined position while gliding
- Familiar with different strokes and their components

Stage 5:

- Can swim 25m comfortably for the entire duration of a 30-minute lesson

- Can perform a recognized breaststroke for 10m
- Can perform a recognized dolphin kick for 10m
- Able to float on back independently for 30 seconds.
- Can tread water or keep their head above the water without touching the floor.
- Capable of performing three different shaped jumps into deep water
- Push and glide off the wall into a recognized frontcrawl.
- Comfortable swimming through hoops underwater. Touch the floor with both hands/
handstands.

Stage 6:

- Can swim 25m comfortably in front crawl, backstroke, breaststroke, and dolphin kick for a full 30-minute lesson.
- Can perform a recognized breaststroke with correct timing over 10m.
- Able to scull on back for 30 seconds and feet-first scull for 5m.
- Able to float on back independently for 30 seconds.
- Can tread water for 30 seconds without touching the floor.
- Capable of performing three different safe jumps into deep water.
- Can push and glide into a recognized front crawl, backstroke, breaststroke, and butterfly.
- Comfortable performing a handstand, forward somersault, and basic rescue action.

Stage 7:

- Can confidently swim all four strokes (front crawl, backstroke, breaststroke, and butterfly) to Swim England standards over 25m.
- Able to perform a smooth tumble turn and transition between strokes.
- Comfortable performing sculling actions (head-first and feet-first) and can hold various floating positions (star float, tuck float) independently.
- Can tread water for 30 seconds using an eggbeater kick.
- Able to complete a coordinated movement sequence in a group, combining skills like sculling, floating, and rotations (e.g., somersaults or log rolls).
- Confident swimming through an obstacle course without touching the pool floor.

Stage 8:

- Can swim 400 meters continuously using one stroke with good technique and consistent pacing.
- Able to complete a structured swim set lasting 400 meters (e.g., 16 x 25m, 8 x 50m, 4 x 100m) with a focus on stroke technique and stamina.
- Confidently perform all four strokes (front crawl, backstroke, breaststroke, butterfly) to Swim England standards, including the ability to swim 25 meters of each stroke with correct form and technique.
- Able to perform push and streamline kicks for each stroke (backstroke, breaststroke, butterfly, and front crawl) over 25 meters, with or without a kickboard, maintaining a streamlined position.
- Can perform all four stroke turns (backstroke, breaststroke, butterfly, and front crawl) with a smooth and efficient transition from 10 meters into 15 meters out.
- Can dive with a track or grab start, followed by a 5-metre underwater butterfly kick in a streamlined position, progressing towards 10 meters. **(POOL SPECIFIC TRAINING)**
- Can demonstrate efficient and controlled sculling (head-first and feet-first) for at least 25 meters, along with the ability to hold floating positions independently (e.g., star float, tuck float, etc.).
- Confidently perform a continuous swim for 50 meters, maintaining good technique and stroke efficiency across multiple strokes.
- Can perform a dive from a sitting position or execute a dive into the pool.

Stage 9:

- Can swim 400-600 meters continuously using one stroke with consistent technique and pacing, focusing on endurance and stroke efficiency.
- Able to complete an 800 meter swim set (e.g., 16 x 50 meters, 8 x 100 meters, 4 x 200 meters) maintaining stroke technique and consistency throughout the set.
- Knowledge or awareness on the correct IM order.
- Can perform a 15 meter underwater kick in a streamlined position, starting from a push and glide (on front), maintaining proper technique.
- Able to perform a backstroke start, followed by a butterfly kick in a streamlined position, underwater for up to 15 meters, then transition into stroke to complete the remainder of the 25 meters.
- Can perform a front crawl start, followed by an underwater kick in a streamlined position for up to 15 meters, transitioning into stroke to complete the remaining 25 meters.

- Can perform a butterfly start, followed by an underwater butterfly kick in a streamlined position for up to 15 meters, then transition into stroke and complete the remainder of the 25 meters.
- Able to perform a breaststroke start, followed by a one-and-a-half pull underwater, transitioning into stroke to complete the remaining 25 meters.

Stage 10:

- Can swim 1000-1200 meters continuously using one stroke with consistent technique and pacing, focusing on endurance, stroke efficiency, and stamina.
- Able to complete a 1600-meter swim set (e.g., 16 x 100 meters, 8 x 200 meters, or 4 x 400 meters) while maintaining stroke technique and consistency throughout the set, focusing on endurance and pacing.
- Understanding of individual medley (IM) turns and transitions, including the correct IM order.
- Can perform a continuous 100-meter IM kick (4 x 25 meters) in all four strokes (butterfly, backstroke, breaststroke, and front crawl) without using a kickboard, demonstrating proper technique and control.
- Able to perform a front crawl relay take-over, practicing both as an incoming swimmer and as an outgoing swimmer, with emphasis on timing and transition technique.
- Comfortable with all four competitive starts (backstroke, front crawl, butterfly, breaststroke), using streamlined underwater kicks up to 15 meters before transitioning into the stroke to complete the remainder of the 25 meters.