



Swim England
Swim School Member

SWIMMER'S NAME



S W I M
SCHOOL

PROGRESS BOOK
From Parent & Toddler
to Stage 7

PROGRESS BOOK

Table of content

- Parent and Toddlers
- Foundation Level of Swimming
- Stage 1
- Stage 2
- Stage 3
- Stage 4
- Stage 5
- Stage 6
- Stage 7

Distance challenges

PARENT & TODDLERS

- Water Entry and Exit:
 - Enters and exits the water with assistance from the parent.
- Water Comfort:
 - Develops comfort and familiarity with being in the water.
- Splashing and Playing:
 - Enjoys splashing and playing in the shallow water under the guidance of the parent.
- Floating and Buoyancy:
 - Experiences floating on the back and front with support from the parent.
- Basic Kicking and Paddling:
 - Practices basic kicking and paddling movements with assistance.
 - Begins to understand the coordination of leg and arm movements.
- Breath Control:
 - Practices blowing bubbles and holding breath for short durations.
- Submersion and Underwater Exploration:
 - Gradually becomes comfortable with submersion activities.
 - Explores underwater activities, such as picking up submerged toys.
- Water Safety Awareness:
 - Begins to respond to basic water safety commands.
 - Learns to recognize the parent as a source of safety and support in the water.
- Gaining Independence:
 - Holds onto the pool edge or uses floatation devices with increasing independence.
 - Develops confidence in moving with support from the parent.

Date :

FOUNDATION LEVEL

- **Water Comfort:**
 - Can enter the water without fear or hesitation.
 - Enjoys splashing and playing in the shallow water.
 - Gradually becomes comfortable with water on the face.
- **Floating and Buoyancy:**
 - Experiences floating on the back with support.
 - Begins to understand buoyancy by playing with buoyant toys.
 - Explores floating on the front with assistance.
- **Breath Control:**
 - Practices blowing bubbles in the water.
 - Holds breath for a few seconds when prompted.
- **Kicking and Leg Movements:**
 - Experiments with kicking legs while being supported.
 - Attempts basic kicking movements while floating on the back or with assistance.
- **Arm Movements:**
 - Practices basic arm movements, such as reaching forward and pulling water.
 - Begins to understand basic paddling motions.
- **Water Exploration:**
 - Explores underwater activities like retrieving submerged objects.
 - Develops comfort with water on the face during submersion.
- **Introduction to Water Independence:**
 - Encouraged to hold onto the pool edge or use floatation devices for short periods.
 - Starts to gain confidence in supporting independence in the water.

Date :

STAGE 1

- Enter the water safely.
- Move forward for a distance of 5 metres, feet may be on or off the floor with assistance
- Move backwards for a distance of 5 meters, feet may be on or off the floor with assistance
- Scoop the water and wash the face.
- Be comfortable with water showered from overhead.
- Move from a flat floating position on the back and return to standing with assistance
- Move from a flat floating position on the front and return to standing with assistance
- Push and glide in a flat position on the front from a wall.
- Push and glide in a flat position on the back from a wall.
- Exit the water safely.

Date :

STAGE 2

- Jump in from pools
- Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
- Move from a flat floating position on the back and return to standing without support.
- Move from a flat floating position on the front and return to standing without support.
- Push from a wall and glide on the back – arms can be by the side or above the head.
- Push from a wall and glide on the front with arms extended.
- Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.
- Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.
- Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
- Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
- Perform a log roll from the back to the front.
- Perform a log roll from the front to the back.
- Exit the water without support.

Date :

STAGE 3

- Jump in from poolside and submerge.
- Sink, push away from wall and maintain a streamlined position.
- Push and glide on the front with arms extended and log roll onto the back.
- Push and glide on the back with arms extended and log roll onto the front.
- Travel 5 metres on the front, perform a tuck/rocket arms to rotate onto the back and return on the back.
- Fully submerge to pick up an object.
- Push and glide and travel 10 metres on the back.
- Push and glide and travel 10 metres on the front.
- Perform a tuck/rocket float and hold for three seconds.
- Exit the water without using steps.

Date :

STAGE 4

- Perform a sequence of changing shapes (minimum of 3) whilst floating on the surface and demonstrate an understanding of floating.
- Push and glide from the wall towards the pool floor.
- Kick 10 metres backstroke (one item of equipment optional).
- Kick 10 metres front crawl (one item of equipment optional).
- Kick 10 metres butterfly on the front or on the back
- Kick 10 metres breaststroke on the front (one item of equipment optional).
- Travel on back and log roll in one continuous movement onto front.
(Floating back to Front)
- Travel on front and log roll in one continuous movement onto back.
(Floating Front to Back)
- Push and glide and swim 10 metres, choice of stroke is optional/with or without flippers

Date :

STAGE 5

- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation. (From front to back)
- Tread water for 30 seconds.
- Perform three different shaped jumps into deep water.
- Push and glide and swim 10 metres backstroke
- Push and glide and swim 10 metres front crawl
- Push and glide and swim 10 metres breaststroke
- Push and glide and swim 10 metres butterfly Perform a handstand and hold for a minimum of three seconds.
- Perform a forward somersault/tumble turns

Date :

STAGE 6

- Sink, push off on side from the wall, glide, kick and rotate into backstroke.
- Sink, push off on side from the wall, glide, kick and rotate into front crawl.
- Push and glide and swim front crawl breath out through nose/mouth
- Push and glide and swim breaststroke 20m
- Push and glide and swim butterfly 20m
- Push and glide and swim backstroke 20m
- Push and glide and swim 25 metres, choice of stroke is optional at medium/ or maximum speed
- Perform a surface dive (float for knees can be in use)

Date :

STAGE 7

- Push and glide and swim 25 metres backstroke
- Push and glide and swim 25 metres front crawl
- Push and glide and swim 25 metres breaststroke
- Push and glide and swim 25 metres butterfly
- Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills:
 - Perform a sitting dive or dive.
 - Push and glide and swim 50 metres continuously using one stroke
 - Push and glide and swim 100 metres, using a minimum of three different strokes
 - Tread water using eggbeater action for 30 seconds.
 - Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.

Date :



Flamingo Swim School

www.flamingo-swim.com