

Adult Swimming Framework Stages and Outcomes

The Swim England Adult Swimming Framework includes four Stages, which aim to help all adults reach their swimming goals. The outcomes for each Stage are listed below. Teachers should work with each individual adult to identify which outcomes are most relevant to them.

After completing each Stage, learners have the option to purchase the Adult Swimming Framework Awards, which are available from our online shop: shop.swimming.org.

Be Water Confident

This first Stage of the Swim England Adult Swimming Framework aims to give swimmers the confidence to get into the pool safely, be able to move around the pool with confidence and not panic if splashed. Be Water Confident classes are for people with no previous swimming experience, nervous swimmers, or those who have had a negative experience in the past which has halted their swimming journey.

Outcomes

1. Understand the benefits of swimming.
2. Enter the water safely.
3. From in the water, move along the edge, one hand over the other, towards the steps and climb out.
4. Be at ease walking around within the pool.
5. Be at ease with water on the face.
6. Regain an upright position from on the front with support.
7. Regain an upright position from on the back with support.
8. Perform a flat, stretched front floating position, holding on to the side of the pool or with support from a partner or Swim England Level 1 Swimming Assistant.
9. Perform a flat, stretched floating position on the back with support from a partner or Swim England Level 1 Swimming Assistant.
10. Whilst standing, inhale and then exhale with nose and mouth submerged.
11. Within standing depth with feet on the floor, submerge the head.
12. Inhale and, with the face submerged, exhale. Repeat rhythmically a minimum of three times.
13. Push and glide to the wall or a partner with the use of floatation equipment, maintaining a streamlined position on the front with the face submerged.
14. Push and glide from the wall with the use of floatation equipment, maintaining a streamlined position on the back.
15. Perform a flat, stretched front floating position, with the use of floatation equipment but without support from a partner or Swim England Level 1 Swimming Assistant.

16. Perform a flat, stretched floating position on the back with the use of floatation equipment but without support from a partner or Swim England Level 1 Swimming Assistant.
17. In a flat position and with the use of floatation equipment, travel 10 metres on front.
18. In a flat position and with the use of floatation equipment, travel 10 metres on back.

Additional outcome

19. With the use of floatation equipment, perform on the back a head first sculling action in a flat position.

Be a Swimmer

The second Stage of the Swim England Adult Swimming Framework aims to give swimmers the skills necessary to start swimming independently over short distances without support or floatation equipment. These classes are for people who have completed the Be Water Confident Stage, or who have a small amount of previous swimming experience and feel confident enough to practise skills with the use of floatation equipment (floats, noodles, fins). Hybrid strokes, old English backstroke or sidestroke may be used.

Outcomes

1. Regain an upright position from on the back without support.
2. Regain an upright position from on the front without support.
3. Push from the wall without the use of floatation equipment, maintaining a streamlined position on the front.
4. Push from the wall without the use of floatation equipment, maintaining a streamlined position on the back.
5. In a flat position, with the use of floatation equipment, kick 10 metres on the front.
6. In a flat position, without the use of floatation equipment, kick for 10 metres on the back.
7. In a flat position, using an alternating leg kick, with floatation equipment, roll 180 degrees from back to front.
8. In a flat position, using an alternating leg kick, with floatation equipment, roll 180 degrees from front to back.
9. Push and glide from the wall on side.
10. Submerge to pick up an object from the pool floor.
11. In a flat position, without the use of floatation equipment, travel 10 metres on the front.
12. Swim 10 metres on the front, choice of stroke is optional.
13. Swim 10 metres on the back.
14. Swim 15 metres, choice of stroke is optional.
15. Swim 25 metres, choice of stroke is optional.
16. Within at least shoulder-depth water and with the use of floatation equipment, in an upright position use legs to gain lift (using a variety of leg actions including egg beater, flutter and breaststroke).

17. Within shoulder-depth water using floatation equipment, in an upright position, scull the hands.
18. Within shoulder-depth water, without floatation equipment, tread water for 30 seconds. Swimmer's choice of leg action.

Additional outcomes

19. Perform the Heat Escape Lessening Position and Huddle position.
20. Exit the water without using steps.
21. Jump in, at least full reach depth, and return to the point of entry.
22. Without the use of floatation equipment, scull head first for 5 metres.
23. Perform a tuck float without the use of floatation equipment.

Be a Better Swimmer

The third Stage of the Swim England Adult Swimming Framework aims to give swimmers the necessary skills to swim up to 400 metres independently, as well as the confidence to try other activities taking place in the pool including Aquacise or lane swimming. These classes are for people who have completed the Be a Swimmer Stage, or for those who can swim 25 metres or more and would like to improve technique and build on stamina in order to take part in other pool activities, or have a goal at their first swimming challenge event.

Outcomes

1. Swim front crawl to include at least six rhythmical breaths.
2. Swim breaststroke to include at least six rhythmical breaths.
3. Swim a distance of 50 metres using two different strokes.
4. Sink, push and glide, transition into two dolphin kicks, into swim.
5. Swim 50 metres front crawl.
6. Swim 50 metres backstroke.
7. Swim 50 metres breaststroke.
8. Tread water for one minute.
9. Understand lane etiquette.
10. Perform a feet first surface dive.
11. Perform a head first surface dive.
12. Complete 400 metre swim (16 lengths in a 25 metre pool).

Additional outcomes

13. Perform a sitting dive.
14. Perform a forward somersault.
15. Scull 5 metres head first and then return feet first without touching the pool floor.
16. From a straddle jump, tread water for two minutes.
17. Swim 25 metres butterfly.

Be a Master Swimmer

The fourth Stage of the Swim England Adult Swimming Framework aims to give swimmers the necessary skills to confidently enter a Masters section of a swimming club. These classes are for people who have completed the Be a Better Swimmer Stage, or for those

who would like to develop more advanced swimming skills, be able to compete, or become a member of a club.

Outcomes

1. Understand the importance of hydration.
2. Understand lane etiquette/ use of backstroke flags and pace clock.
3. Perform a front crawl tumble turn from 10 metres in to 15 metres out.
4. Perform a backstroke turn from 10 metres in to 15 metres out.
5. Perform a breaststroke turn from 10 metres in to 15 metres out.
6. Perform a butterfly turn from 10 metres in to 15 metres out.
7. Kick 25 metres front crawl with/ without using a kickboard.
8. Kick 25 metres backstroke without using a kickboard.
9. Kick 25 metres breaststroke with/ without using a kickboard.
10. Kick 25 metres butterfly without using a kickboard.
11. Swim a continuous 100 metres individual medley (IM) using legal turns.
12. Perform a 15 metres underwater butterfly kick on front in a streamlined position.
13. Perform a backstroke start into butterfly kick in a streamlined position, under water, up to 15 metres from the start point (wall). Transfer into full stroke and complete the remainder of the 25 metres.
14. Perform a front crawl/butterfly start from a dive, kick in a streamlined position until up to 15 metres from the start point (wall) is completed. Transfer into full stroke and complete the remainder of the 25 metres.
15. Perform a breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25 metres.
16. Swim continuously using any stroke for 30 minutes.
17. Swim 25 metres front crawl finishing with a one-handed touch.
18. Swim 25 metres backstroke finishing with a one-handed touch on the back.
19. Swim 25 metres metres breaststroke or butterfly, finishing by touching with both hands simultaneously.