

From 1st Lesson to Beginner

Step 1.	Guppy 1	Step 2.	Stanley 1	Step 3.	Guppy 2
Step 4.	Stanley 2	Step 5.	Guppy 3	Step 6.	Stanley 3
Step 7.	Guppy 4	Step 8.	SWS Award 1	Step 9.	Octopus 1

Beginner (after the distance swimmers are then able to try the skill in the relevant rows)

I Can Swim		Stanley 4	Octopus 2	Clever Crab 1		Guppy 5
5 Doggy Paddle		Stanley 5	Octopus 3	Clever Crab 2		
10 Doggy Paddle	5 Metres (Full Stroke)	Stanley 6	Goldfish 1	Clever Crab 3	SWS Award 2	
15 Doggy Paddle	10 Metres (Full Stroke)	Stanley 7	Goldfish 2	Clever Crab 4	SWS Award 3	Kingfisher 1
20 Doggy Paddle	15 Metres (Full Stroke)	Stanley Star	Goldfish 3	Clever Crab 5	SWS Award 4	Kingfisher 2
	20 Metres (Full Stroke)				SWS Award 5	

Improvers

25 Metres (1.5 Lengths)	Angelfish 1	Clever Crab 6	SWS Award 6	Kingfisher 3
50 Metres (3 Lengths)	Angelfish 2		SWS Award 7	
75 Metres (5 Lengths)	Angelfish 3			
100 Metres (6 Lengths)	Shark 1		SWS Award 8	

Advanced

200 Metres (12 lengths)	Shark 2			SWS Award 8	Dolphin 1
400 Metres (24 Lengths)	Shark 3	Bronze Water Safety Skills		SWS Award 9	Dolphin 2
600 Metres (36 Lengths)			Bronze Challenge	SWS Award 10	Seal 1
800 Metres (48 lengths)		Silver Water Safety Skills		SWS Award 11	Seal 2
1000 Metres (60 lengths)	Bronze Swimmer		Silver Challenge	SWS Award 12	Seal 3
1500 Metres (85 Lengths)		Gold Water Safety Skills			Seal 4
1 Mile (96 lengths)		Rescue Tube	Gold Challenge	Pool Sport 1	Seal 5
2000 Meters (115 Lengths)	Silver Swimmer	Rescue Tube with Fins		Pool Sport 2	First Aid 1
2500 Metres (140 lengths)				Pool Sport 3	Resus 1
3000 Meters (170 Lengths)	Gold Swimmer		Honours Challenge		First Aid 2
4000 Meters (225 Lengths)					Resus 2
5000 Meters (280 Lengths)					Total Seal

Supporting Awards

SPLASH CLASS

Starfish 1
Starfish 2
Starfish 3
Starfish 4
Starfish 5
Starfish 5
Starfish 6

Octonaut Awards

IM BRAVE
IM AN EXPLORER
IM COOL
IM TALENTED
IM CLEVER
IM GOOD

Good Stroke Awards – Badge Only

Good Front Crawl
Good Back Crawl
Good Breaststroke
Good Butterfly

Additional Needs Awards

Rockhopper 1, Rockhopper 2
Rockhopper 3, Rockhopper 4
Rockhopper 5, Rockhopper 6
Rockhopper 7, Rockhopper 8
Rockhopper 9
King Emperor
5 Meters, 10 Meters,
15 Meters, 20 Meters,
25 Meters, 50 Meters,
75 Meters, 100 Meters,
200 Meters, 300 Meters, 400 Meters