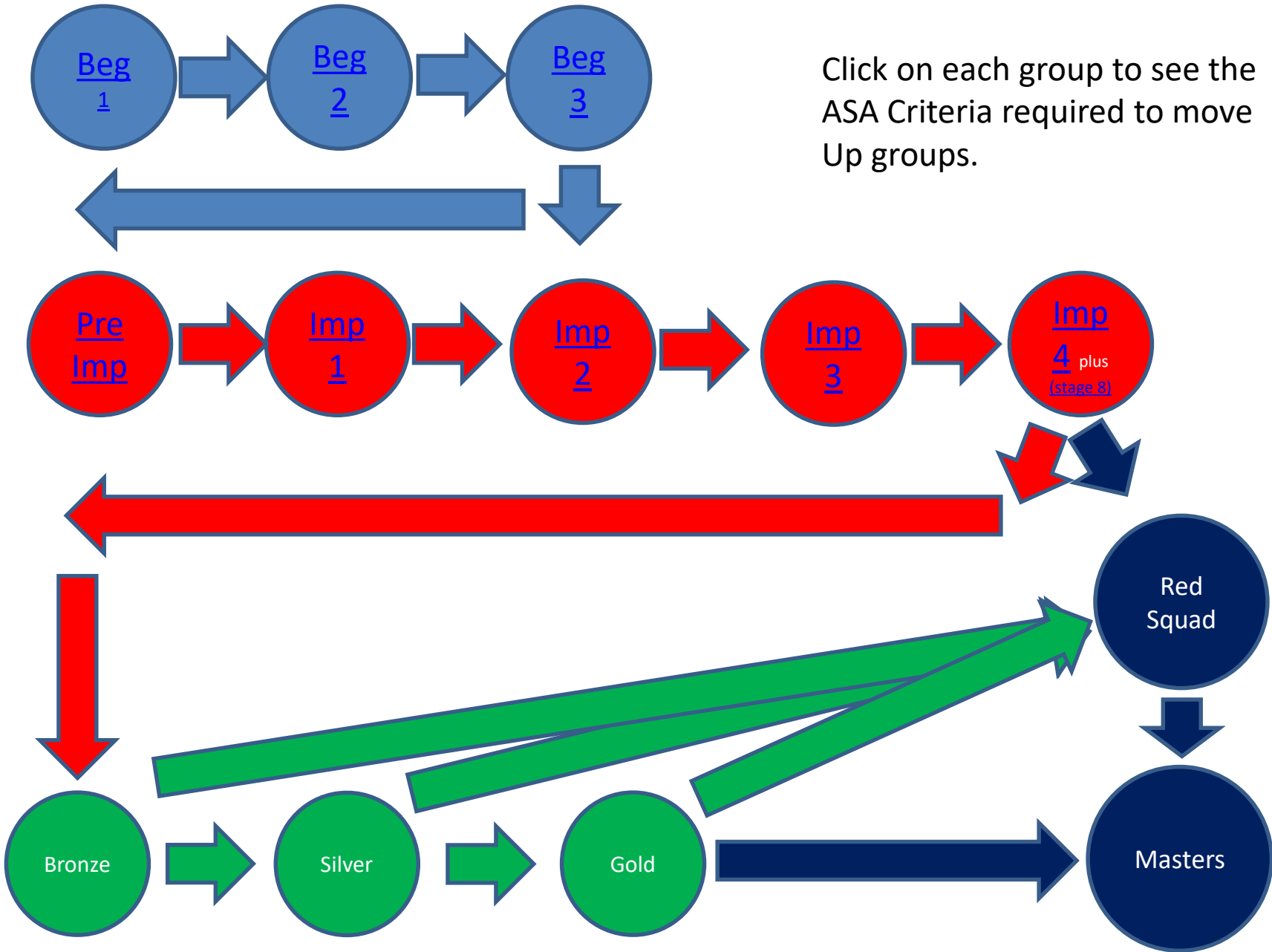


Click on each group to see the ASA Criteria required to move Up groups.



# ASA Stage 1

- Stage 1
- By completing this Award, with or without floatation equipment or support, you will be able to:
- Enter the water safely.
- Move forward for a distance of 5 metres, feet may be on or off the floor.
- Move backwards for a distance of 5 metres, feet may be on or off the floor.
- Move sideways for a distance of 5 metres, feet may be on or off the floor.
- 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.
- Move from a flat floating position on the front and return to standing.
- 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.
- Give examples of two pool rules.
- Exit the water safely.

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# ASA Stage 2

- Stage 2
- By completing this Award, with or without floatation equipment or support, you will be able to:
- Jump in from poolside safely to a minimum depth of 1.0 metre.
- 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.
- Travel using a recognised leg action with feet off the pool floor on the front for 5 metres.
- 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.
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# ASA Stage 3

- Stage 3
- By completing this Award, without floatation equipment or support, you will be able to:
- Jump in from poolside and submerge to a minimum depth of 1.0 metre.
- 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 to rotate onto the back and return on the back.
- Fully submerge to pick up an object.
- Answer correctly three questions on the Water Safety Code.
- Push and glide and travel 10 metres on the back.
- Push and glide and travel 10 metres on the front.
- Perform a tuck float and hold for three seconds.
- Exit the water without using steps.
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# ASA Stage 4

- Stage 4
- Able to swim 20m front and back.
- By completing this Award, without floatation equipment or support, you will be able to:
- Perform a sequence of changing shapes (minimum of three) 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).
- Perform a head first sculling action for 5 metres in a flat position on the back.
- Travel on back and log roll in one continuous movement onto front.
- Travel on front and log roll in one continuous movement onto back.
- Push and glide and swim 10 metres, choice of stroke is optional.
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# ASA Stage 5

- Stage 5
- By completing this Award you will be able to:
- Perform a flat stationary scull on the back.
- Perform a feet first sculling action for 5 metres in a flat position on the back.
- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
- Tread water for 30 seconds.
- Perform three different shaped jumps into deep water.
- Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
- Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
- Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
- Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
- Perform a handstand and hold for a minimum of three seconds.
- Perform a forward somersault.
- Demonstrate an action for getting help.
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# ASA Stage 6

- Stage 6
- By completing this Award you will be able to:
- Give two examples of how to prepare for exercise and understand why it is important.
- 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.
- Swim 10 metres wearing clothes.
- Push and glide and swim front crawl to include at least six rhythmical breaths.
- Push and glide and swim breaststroke to include at least six rhythmical breaths.
- Push and glide and swim butterfly to include at least three rhythmical breaths.
- Push and glide and swim backstroke to include at least six regular breaths.
- Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).
- Perform a 'shout and signal' rescue.
- Perform a surface dive.
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# ASA Stage 7

- Stage 7
- By completing this Award you will be able to:
  - Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
  - Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
  - Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
  - Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
  - 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:
    - Sculling*: head first, feet first
    - Rotation*: forward or backward somersault, log roll
    - Floating*: star on the front or on the back, tuck float, create own
    - Eggbeater*: Moving, lifting one or both arms out of the water
- Perform a sitting dive or dive.
- Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
- Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
- Tread water using eggbeater action for 30 seconds.
- Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.
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# ASA Stage 8

- Complete a set lasting 400 metres (e.g. 16 x 25 metres, 8 x 50 metres, 4 x 100 metres) on a specific turnaround time agreed by the teacher or coach (e.g. 1.00 minutes for each 25 metres) with a focus on stroke technique and consistency.
- Swim 400 metres continuously using one stroke.
- Push and streamline then kick 25 metres backstroke with or without using a board.
- Push and streamline then kick 25 metres breaststroke with or without using a board.
- Push and streamline then kick 25 metres butterfly without using a board.
- Push and streamline then kick 25 metres front crawl with or without using a board.
- Perform a backstroke turn from 10 metres in to 15 metres out.
- Perform a breaststroke turn from 10 metres in to 15 metres out.
- Perform a butterfly turn from 10 metres in to 15 metres out.
- Perform a front crawl turn from 10 metres in to 15 metres out.
- Perform a dive track or grab start, and kick butterfly underwater in a streamlined position for 5 metres with the focus on progressing it to 10 metres.\*
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# Sprint Awards

| BACKSTROKE            |         |         |         |          | FRONTCRAWL             |          |          |          |          |
|-----------------------|---------|---------|---------|----------|------------------------|----------|----------|----------|----------|
| Sprint Awards         | BRONZE  | SILVER  | GOLD    | PLATINUM | Sprint Awards          | BRONZE   | SILVER   | GOLD     | PLATINUM |
| 100m                  | 1.56.00 | 1.41.40 | 1.32.00 | 1.25.50  | 100m                   | 1.44.30  | 1.31.00  | 1.22.80  | 1.16.90  |
| 50m                   | 0.54.40 | 0.47.50 | 0.43.00 |          | 50m                    | 0.47.00  | 0.41.00  | 0.37.20  |          |
| 25m                   | 0.24.70 | 0.21.50 | 0.19.60 |          | 25m                    | 0.21.00  | 0.18.30  | 0.16.70  |          |
| Middle Distance Award |         |         |         |          | Middle Distance Awards |          |          |          |          |
| 200m                  | 4.11.10 | 3.39.40 | 3.19.30 | 3.05.00  | 400m                   | 8.04.70  | 7.03.50  | 6.24.70  | 5.57.20  |
| BREASTSTROKE          |         |         |         |          | 200m                   | 3.49.90  | 3.20.80  | 3.02.40  | 2.49.40  |
| Sprint Awards         | BRONZE  | SILVER  | GOLD    | PLATINUM | Distance Awards        |          |          |          |          |
| 100m                  | 2.12.00 | 1.55.40 | 1.44.80 | 1.37.30  | 1500m                  | 31.43.40 | 27.42.80 | 25.10.70 | 23.22.40 |
| 50m                   | 1.00.40 | 0.52.70 | 0.48.00 |          | 800m                   | 16.45.30 | 14.38.20 | 13.17.90 | 12.20.70 |
| 25m                   | 0.27.20 | 0.23.80 | 0.21.70 |          | INDIVIDUAL MEDLEY      |          |          |          |          |
| Middle Distance Award |         |         |         |          | Sprint Award           | BRONZE   | SILVER   | GOLD     | PLATINUM |
| 200m                  | 4.40.40 | 4.05.00 | 3.42.60 | 3.26.60  | 4 x 25m                | 1.58.60  | 1.43.60  | 1.34.10  |          |
| BUTTERFLY             |         |         |         |          | Middle Distance Award  |          |          |          |          |
| Sprint Awards         | BRONZE  | SILVER  | GOLD    | PLATINUM | 4 x 50m                | 4.17.20  | 3.44.60  | 3.24.10  | 3.09.50  |
| 100m                  | 1.53.80 | 1.39.40 | 1.30.40 | 1.23.90  | Distance Award         |          |          |          |          |
| 50m                   | 0.52.40 | 0.45.70 | 0.41.50 |          | 4 x 100m               | 9.03.70  | 7.55.00  | 7.11.50  | 6.40.60  |
| 25m                   | 0.23.20 | 0.20.30 | 0.18.50 |          |                        |          |          |          |          |
| Middle Distance Award |         |         |         |          |                        |          |          |          |          |
| 200m                  | 4.09.20 | 3.37.70 | 3.17.80 | 3.03.70  |                        |          |          |          |          |

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