



Stevenage Swimming Club – LTS Criteria

To join Orange 1 you must be able to:

- Enter and exit the pool without assistance
- Be happy in the water without a teacher
- Splash water over your face
- Swim 5m with flotation devices (armbands, noodle etc)

Orange 1

To pass this stage you must be able to:

- Submerge under water
- Blow bubbles rhythmically
- Swim 5m on your front unassisted
- Swim 5m on your back unassisted

You will also gain your: Water Skills level 1 and achieve 5m distance award

Orange 2

To pass this stage you must be able to:

- Swim 10m on your front (breathing to the side)
- Swim 10m on your back

You will also gain your: Water Skills level 2 and 10m distance awards

Yellow

To pass this stage you must be able to:

- Swim 25m Front crawl
- Swim 25m Backstroke
- Swim 10m Breaststroke

You will also gain your: Water Skills level 3 and 25m distance awards



Green

To pass this stage you must be able to:

- Swim 25m Front crawl with regular breathing
- Swim 25 Backstroke with good technique
- Swim 15m Breaststroke
- Swim 15m Dolphin Kick

You will also gain your: Water Skills level 4 and 50m distance awards

Blue

To pass this stage you must be able to:

- Swim 50m Front crawl
- Swim 50m Backstroke
- Swim 25m Breaststroke
- Swim 15m Butterfly

You will also gain your: Water Skills level 5 and 100m distance awards