

Is Your Child Water Competent?

Did you know?

Only around 4% of seven to eleven year olds in England meet all four core swimming competencies set out by Swim England



**Swim
England**

Competencies

- ☐ **Tread water for at least 30 seconds**
- ☐ **Perform a star float for at least 60 seconds**
- ☐ **Have experience of swimming in clothing**
- ☐ **Swim at least 100 metres with ease and without stopping**

**At Swim Academy, we teach all of these and so much more.
We build stronger, safer, and more confident swimmers.**



SIGN UP NOW



New Forest
DISTRICT COUNCIL



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