

Modernian Lessons

SEALS

In this class swimmers will be working towards the following badges



Skill:-

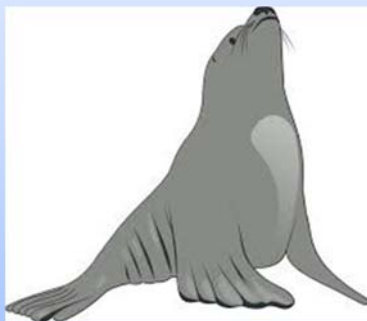
- Duck 1
- Duck 2
- Duck 3

Distance:-
Puffin Award



SEA LIONS

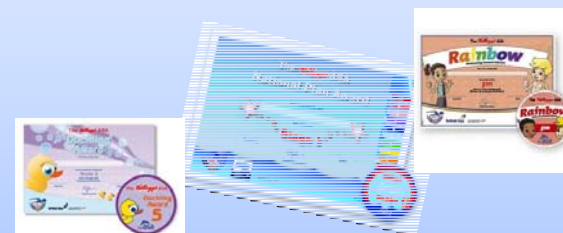
In this class swimmers will be working towards the following badges



Skill:-

- Duck 4
- Stage 1
- Duck 5
- Stage 2 (younger swimmers)
- Water Skills 1

Distance:-
5m – 20m



DOLPHINS



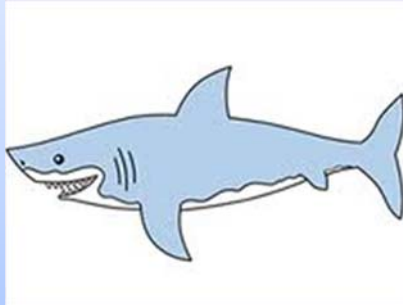
In this class swimmers will be working towards the following badges

Skill:-
Stage 2 (older swimmers)
Stage 3
Water Skills 2
Water Skills 3

Distance:-
25m – 100m



SHARKS



In this class swimmers will be working towards the following badges

Skill:-
Stage 4
Stage 5
Stage 6
Water Skills 4
Water Skills 5

Distance:-
200m – 400m



BRIDGING SQUAD

In Bridging Squad swimmers will be working towards the following badges

Skill:-
Stage 7
Stage 8 Swimming
Stage 9 Swimming
Stage 10 Swimming
Water Skills 6

Distance:-
600m +

Swimmers may be invited to an additional session to complete distance testing over 1000m

