

Distance Swimming

- Point 1. Swim unaided for 5-10m using recognised arm & leg actions.
- Point 2. Swim unaided for 15-20m using recognised arm & leg movements
- Point 3. Swim unaided for 25m (or more) using recognised arm & leg movements
- Point 4. Swim unaided for 50m (or more) using recognised arm & leg movements.