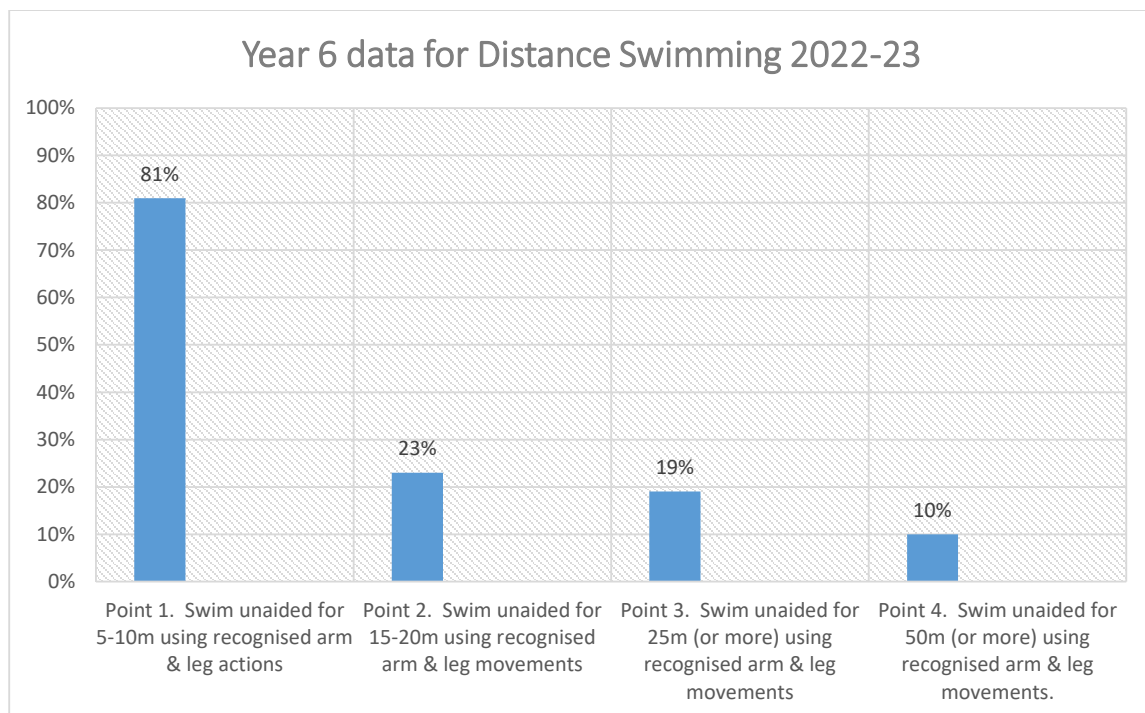




Distance Swimming

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.