

Descriptions of the Criteria

Stage 1 - Move: Moving across the pool with either feet on or off the floor

Stage 2 - Travel: Swimming across the pool with feet off the floor, but not necessarily using a recognised ASA stroke

Stage 3 - Swim: Swimming across the pool using a recognised ASA stroke

Stage 3 - Introduction to Deep Water: Jumping in confidently, [Swim](#) 10m on both front and back in Deep Water without aids