



# Certificate of Achievement

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Congratulations on successfully completing **Rolling and Turning in the Water**

- ✔ Performing a horizontal rotation (front to back and back to front)
- ✔ Performing a horizontal to vertical rotation and vice versa (front or back to upright and return)
- ✔ Performing a vertical rotation (half rotation and full rotation) around the body's vertical axis

