



# Certificate of Achievement

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

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

**Congratulations on successfully completing  
Moving through the water**

**PUMICE PAL  
SPEEDIE**



- ✓ Move 15m non-stop, using any method
- ✓ Move through water of all kinds (currents, waves and deep water)
- ✓ Move 50m and/or 3 minutes non-stop, confidently and competently, using any method
- ✓ Move 100m and/or 5 minutes non-stop, confidently and competently, using any method

