Rolling & turning in the water

Perform

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

Water Skills for Life

SUPPORTED BY thewarehouse

Water Safety NEW ZEALAND

Swimming NEW ZEALAND

watersafety.org.nz/forlife