



Date \_\_\_\_\_

Certificate of

# Achievement

Presented with Congratulations to

\_\_\_\_\_

for completing FUF 500 Challenge

Complete a continuous 500-yard swim, in under twelve minutes, consisting of 200 yards of crawl stroke (strength/endurance), plus 200 yards of backstroke (lifesaving capability), plus a 100 yard individual medley, butterfly, backstroke, breaststroke, crawl stroke (stroke proficiency)