

Learn to Swim

Level 6: Fundamentals of Diving

Skills:

- _____ Basic stretching exercises for diving
- _____ Body alignment and control
- _____ Surface dive
- _____ Dive from kneeling position from poolside
- _____ Forward dive-fall in from the poolside
- _____ Standing dive from poolside
- _____ Dive from kneeling position
- _____ Forward dive-fall in
- _____ Standing dive from diving board
- _____ One part takeoff on deck
- _____ Two part takeoff on deck
- _____ One part takeoff from poolside
- _____ One part takeoff from diving board
- _____ Two part takeoff from diving board
- _____ Tuck position
- _____ Forward jump tuck position, with one part takeoff from poolside
- _____ Forward jump tuck position with one part takeoff from diving board
- _____ Forward jump tuck position with two part takeoff from diving board
- _____ Forward dive, tuck position with one-part takeoff from poolside
- _____ Forward dive, tuck position with one-part takeoff from diving board
- _____ Forward dive, tuck position with two-part takeoff from diving board
- _____ Pike position
- _____ Forward jump, pike position with one-part takeoff from diving board
- _____ Forward jump, pike position with two-part takeoff from diving board
- _____ Forward dive, pike position with one-part takeoff from diving board
- _____ Forward dive, pike position with two-part takeoff from diving board

Safety Topics:

- _____ Look before you leap

Exit Skills:

- _____ Perform a two part takeoff with a feet first entry from 1 meter diving board
- _____ Perform a two part takeoff with a headfirst entry from a 1 meter diving board

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____