



SKILLS CHECKLIST

Learn-to-Swim Level 6 – Fundamentals of Diving

Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Front crawl, 100 yards									
Elementary backstroke, 100 yards											
Back crawl, 50 yards											
Breaststroke, 50 yards											
Sidestroke, 50 yards											
Butterfly, 50 yards											
Front crawl open turn while swimming											
Backstroke open turn while swimming											
Front flip turn while swimming											
Backstroke flip turn while swimming											
Sidestroke turn while swimming											
Butterfly turn while swimming											
Breaststroke turn while swimming											
Basic stretching exercises for diving											
Body alignment and control											
Surface dive											
Dive from kneeling position from poolside											
Forward dive fall-in from poolside											



Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Standing dive from poolside									
Dive from kneeling position from diving board											
Forward dive fall-in from diving board											
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											



Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		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 Assessment											
1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.											
2. Perform a two-part takeoff with a feetfirst entry from a 1-meter diving board.											
3. Perform a two-part takeoff with a headfirst entry from a 1-meter diving board.											