



SKILLS CHECKLIST

Learn-to-Swim Level 6

Fundamentals of Diving

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

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	Dive from kneeling position from poolside
Forward dive fall-in from poolside	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
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	
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 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.