

Course: Learn to Swim Level 6: Fundamentals of Diving

Purpose

- To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances
- To introduce and practice fundamental springboard diving skills

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate

OR

- Successful demonstration of all completion requirements from Level 5

Learning Objectives

- Increase endurance while performing the following strokes:
 - Front crawl–100 yards
 - Back crawl–100 yards
 - Butterfly–50 yards
 - Elementary backstroke–50 yards
 - Breaststroke–50 yards
 - Sidestroke–50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke turn
 - Front flip turn
 - Backstroke flip turn
 - Butterfly Turn
 - Breaststroke Turn
- Discuss and demonstrate the following skills for diving:
 - Basic stretching exercises
 - Body alignment and control
 - Surface dive
 - Diving from Poolside
 - Kneeling position
 - Forward dive fall-in
 - Standing dive
 - Diving from the Diving Board
 - Kneeling position
 - Forward dive fall-in
 - Standing dive
 - Takeoff from the Deck
 - One-part takeoff
 - Two-part takeoff
 - Takeoff from Poolside
 - One-part takeoff

- Takeoff from the Diving Board
 - One-part takeoff
 - Two-part takeoff
- Tuck Position
- Forward Jump, Tuck Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Forward Dive, Tuck Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Pike Position
- Forward Jump, Pike Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Forward Dive, Pike Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Forward Dive, Pike Position
- Discuss rules for safe diving
- Learn to look carefully before entering the water

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following 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.

Certificate Issued and Validity Period

Learn-to-Swim Level 6: Fundamentals of Diving – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)