

LEARN TO DIVE

Skills Progression

Skills (S) Voluntary (V) Optional (O)

Level 1

- | | |
|------------|---|
| 1. S) 100 | Forward Jump with arm swing & hurdle (Straight, Pike or Tuck) |
| 2. S) 200 | Back Jump with arm swing (Straight, Pike or Tuck) |
| 3. S) 001 | Forward Entry (front lineup) (Straight, Pike, Tuck or Free) |
| 4. S) 002 | Back Entry (back lineup) (Straight, Pike, Tuck or Free) |
| 5. S) 5102 | Forward Jump 1 Twist or higher (Straight, Pike or Tuck) |
| 6. S) 5201 | Back Jump 1/2 Twist or higher (Straight, Pike or Tuck) |

Level 2

- | | |
|------------|---|
| 1. S) 100 | Forward Jump with arm swing & hurdle (Straight, Pike or Tuck) |
| 2. S) 200 | Back Jump with arm swing (Straight, Pike or Tuck) |
| 3. S) 001 | Forward Entry (front lineup) (Straight, Pike, Tuck or Free) |
| 4. S) 002 | Back Entry (back lineup) (Straight, Pike, Tuck or Free) |
| 5. S) 5102 | Forward Jump 1 Twist or higher (Straight, Pike or Tuck) |
| 6. O) 101 | Forward Dive (Straight, Pike or Tuck) |

Level 3

- | | |
|------------|---|
| 1. S) 100 | Forward Jump with arm swing & hurdle (Straight, Pike or Tuck) |
| 2. S) 200 | Back Jump with arm swing (Straight, Pike or Tuck) |
| 3. S) 001 | Forward Entry (front lineup) (Straight, Pike, Tuck or Free) |
| 4. S) 5102 | Forward Jump 1 Twist Straight or higher |
| 5. O) 101 | Forward Dive (Straight, Pike, Tuck or Free) |
| 6. O) 401 | Inward Dive (Straight, Pike, Tuck or Free) |

Bonus Dive:

201abc 301abc 5201a 5203a 5205abc 5301abc 5303abc 5305abc

Level 4

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|------------|---|
| 1. S) 100 | Forward Jump with arm swing & hurdle (Straight, Pike or Tuck) |
| 2. S) 200 | Back Jump with arm swing (Straight, Pike or Tuck) |
| 3. S) 5102 | Forward Jump 1 Twist Straight or higher |
| 4. O) 101 | Forward Dive (Straight, Pike, Tuck or Free) |
| 5. O) 201 | Back Dive (Straight, Pike, Tuck or Free) |
| 6. O) 401 | Inward Dive (Straight, Pike, Tuck or Free) |

Bonus Dive:

301abc 5201a 5203a 5205abc 5301abc 5303abc 5305abc