



TIME

*Sign* if consistently performed.

01672SE 08/17

## Aquatic Skills Register Outcomes

### - Learn to Swim Stage 9 Diving

By the end of Stage 9 participants will be able to:

1. Forward jump straight from poolside.
2. Back jump straight from poolside.
3. Pike float to stretched position.
4. Forward jump tuck from poolside.
5. Forward tuck roll from poolside.
6. Forward pike fall from poolside.
7. Push and glide with a ½ twist – front and back.

Notes: