

Forest City Diving Club
Adult Learn-to-Dive Skills List

1M Springboard

Forward group:

- Standing front-jump-Straight
- Standing front-jump-Tuck
- Standing front-jump-Pike
- Hurdle with front-jump-Straight
- Hurdle with front-jump-Tuck
- Hurdle with front-jump-Pike
- Front fall-in
- Standing front-dive
- Standing front-dive-Tuck
- Hurdle with front-dive
- Hurdle with front-dive-Tuck
- Hurdle with front-dive-Pike
- Hurdle with front-dive-Layout/Straight (Optional)
- Standing front-somersault-Tuck
- Hurdle with front-somersault-Tuck
- Hurdle with front-somersault-Pike
- Hurdle with front-somersault-Layout/Open-Pike (Optional)
- Hurdle with front-1 1/2 somersault-Tuck
- Hurdle with front-1 1/2 somersault-Pike (Optional)



Backward group:

- Back-jump-Straight
- Back-jump-Tuck
- Back-jump-Pike
- Back fall-in
- Back-dive-Straight (no arm-swing)
- Back-dive-Straight (with arm-swing)
- Back-dive-Tuck
- Back-dive-Pike (Optional)
- Back-somersault-Tuck
- Back-somersault-Pike (Optional)
- Back-somersault-Layout/Straight (Optional)



Inward group:

- "Inward-jump"
 - Standing back-jump tuck, entering water on diagonal with toes pointing away from board
- Inward-dive-Tuck
- Inward-dive-Pike
- Inward-somersault-Tuck



Twisting group: OPTIONAL

- Front-dive-half-twist
- Front-somersault-half-twist or full-twist
- Back-somersault-half-twist



Reverse group: OPTIONAL

- Standing "reverse-jump"
 - Standing front-jump tuck, entering water on diagonal with toes pointing away from board
- Standing reverse-dive-Tuck
- Hurdle with reverse-dive-Tuck



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Please note that divers are encouraged to dive from the 3-Metre Springboards and 3, 5, 7.5 & 10-Metre Platforms, but the choice is always theirs

3M Springboard	
Forward group:	Backward group:
<ul style="list-style-type: none"> • All jumps, standing and with hurdle • Front fall-in • Standing front-dive • Standing front-dive-Tuck • Hurdle with front-dive-Tuck • Hurdle with front-dive-Pike (Optional) • Hurdle with front-dive-Layout/Straight (Optional) • Hurdle with front-1 1/2 somersault-Tuck (Optional) • Hurdle with front-1 1/2 somersault-Pike (Optional) 	<ul style="list-style-type: none"> • All jumps • Back fall-in • Back-dive-Straight (no arm-swing) • Back-dive-Straight (with arm-swing) • Back-dive-Tuck (Optional) • Back-dive-Pike (Optional)
Inward group:	Reverse group: OPTIONAL
<ul style="list-style-type: none"> • Inward-dive-Tuck • Inward-dive-Pike (Optional) 	<ul style="list-style-type: none"> • Standing reverse-dive-Tuck • Hurdle with reverse-dive-Tuck
Platform (Mainly 3M & 5M, but also 7.5M & 10M)	
<ul style="list-style-type: none"> • Front and Back jumps (also on 7.5M and 10M, if the diver chooses) • Front fall-in • Front roll-in-Tuck • Front roll-in-Pike • Back fall-in 	

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Look forward to learning these dives as a Masters Diver:

All Optional Dives listed above, plus:

1M

- Front-double somersault-Tuck
- Back-1 1/2 somersault-Tuck & Pike
- Reverse-dive-Pike
- Reverse-somersault-Tuck & Pike
- Reverse-1 1/2 somersault-Tuck
- Inward-somersault-Pike
- Inward-1 1/2 somersault-Tuck
- Twisting dives

3M

- Front-2 1/2 somersault-Tuck & Pike
- Back-1 1/2 somersault-Tuck & Pike
- Reverse dives
- Inward-1 1/2 somersault-Tuck & Pike
- Twisting dives

Platform

(3M, 5M, 7.5M, 10M as per coach's instructions and diver's comfort)

- Front dives
- Back dives
- Reverse dives
- Inward dives
- Twisting dives
- Arm-stand dives (see diagram below)