

# EDMONTON SPRINGBOARD & PLATFORM DIVING CLUB

## WINTER 2023 LEARN TO DIVE LESSONS

at THE KINSMEN SPORTS CENTRE (9100 Walterdale Hill)

or TERWILLEGAR REC. CENTRE (2051 Leger Road)

### REGISTRATION FORM: (please print)

Family Name:	First Name:	Date of Birth: YYYY/MM/DD
Age:                      Gender:	Father's Name:	Mother's Name:
No./Street:	City:	Postal Code:
Home Phone:	Cell:	Alt. No:
Primary Email:	Secondary Email:	AHC No.

Please indicate your 1st and 2nd choices in case your preferred day is not available. Registration is based on a first come, first served basis as the program is very popular. The following are the class times at the Kinsmen Sports Center (K) or Terwillegar Rec. Center(T).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> 4:45-6:15 (K - 10 wks)	<input type="checkbox"/> 5:00 – 6:30 (K - 11 wks)		<input type="checkbox"/> 5:00 – 6:30 (K - 10 wks)	<input type="checkbox"/> 5:15 – 6:45 (K - 10 wks)	<input type="checkbox"/> 10:30–12:00 (K – 10 wks)	<b>Not Available</b>
<input type="checkbox"/> 6:15 – 7:45 (K – 10 wks)	<input type="checkbox"/> 6:30 – 8:00 (K – 11 wks)	<input type="checkbox"/> 6:45 – 8:15 (K - 11 wks)	<input type="checkbox"/> 6:30 – 8:00 (K - 10 wks)	<input type="checkbox"/> 6:45 – 8:15 (K - 10 wks)	<input type="checkbox"/> 12:00– 1:30 (K - 10 wks)	
<input type="checkbox"/> 5:00 – 6:30 <a href="#">(T - 8 wks)*</a>		<input type="checkbox"/> 5:00 – 6:30 <a href="#">(T - 10 wks)</a>			<input type="checkbox"/> 2:00 – 3:30 <b>ADULT</b> (K 10wks)	
<input type="checkbox"/> 6:30 – 8:00 <a href="#">(T - 8 wks)*</a>		<input type="checkbox"/> 6:30 – 8:00 <a href="#">(T - 10 wks)</a>				

This session at Kinsmen Sports Centre, we will be **starting Friday Jan. 6th** and will be offering a 10 or 11 week long program.

At Terwillegar Rec. Centre, we are offering either an 8 wk program on Monday or a 10 week long program Wednesday, starting on **Monday Jan. 9th** (Monday & Wednesday is offered at two start times, if enrollment is low we will combine these class times).

Participants will be taught dive skills by nationally certified instructors who are or were themselves national diving competitors.

#### PROGRAM COSTS:

The cost is **\$315.00** at Terwillegar for 10 weeks for 1.5 hour lessons Wed. or **\$245** for 8 weeks on Mon. and at **Kinsmen 10 weeks at 1.5 hours is \$315.00, 11 weeks is \$335.00.**

\*Because our club also relies on **bingo revenues** to help keep the cost of the program affordable to everyone, **we are looking for families to volunteer at bingos**, which will help subsidize your cost of the Learn to Dive program. If you are interested in signing up for bingos please call the office for more information at 780 444-7301. Bingo credits range from \$65 to \$100.

**FAMILY AND MULTIPLE DAYS OPTION:** Full fees are charged for the first diver, 10% discount will be given to each additional family member. This discount also applies to the same child attending more than one day per week.

Each lesson consists of a session of strengthening, stretching and physical conditioning, a session on trampolines with high repetitions of skills possible, then onto the dryland diving boards (at KSC) with landing mats for another session of high repetition springboard skills. After this, the divers have an additional period in the water using diving boards ranging from ¼ meter, ½ meter, 1 meter and 3 meter learning to perfect their acrobatic diving skills. Report cards and badges will be issued during the session. You may also participate in recreational diving meets held throughout the season.

Email: [espdiver@telus.net](mailto:espdiver@telus.net)

Website: [www.espdiver.com](http://www.espdiver.com)

**MISSED CLASS POLICY:**

If a class has been missed due to illness, the diver may be able to make this class up at another time if space is available. In order for this to happen, the diver must first notify the office that they will not be able to participate in their regular lesson before their class has started. The diver can then arrange a make-up class by phoning the office at (780) 444-7301 or emailing to ensure there is a spot available on the day that they wish to do their make-up class. You will not be refunded for any missed classes.

**PAYMENT OPTIONS: (Please check the appropriate option)**

I will be paying by cash or cheque or E-transfer for the Kinsmen or Terwillegar session.  
Please find enclosed \$315.00 (10 weeks at Kinsmen or TCRC 1.5h), or \$335.00 (11 weeks Kinsmen)  
\*Monday Terwillegar cost is \$245 for 8 wks.

I will be paying by E-transfer or post dated cheques for the Kinsmen or Terwillegar session. The **postdated option for 10 weeks for 1.5h is \$110 dated currently + \$110 +\$105 cheques dated for Feb. 1st and Feb. 15** (Total of \$325 which includes a \$10 post dated cheque processing fee).  
**11 weeks at Kinsmen \$120 + \$120 + \$105 for a total of \$345.**

I am interested in **subsidizing my fees by helping out at fundraising** (bingos or a casino). For this option of payment, your fees cheque(s) must be received in full and will be cashed. Refunds will be issued once all bingos have been worked. **As well a \$100.00 "Performance Cheque" \* is required before signing up for bingos.** Please contact the office for more information regarding working bingos to subsidize your fees.

\*In the event that an individual fails to "Show Up" at a bingo or cancels without a replacement within seven days of the bingo, a club fine of \$100.00 will be imposed as such an incident can result in a bingo association fine to our club or loss of a bingo event. Consequently an undated "Performance Cheque" for \$100.00 should be enclosed, which will not be cashed except in the case of such a penalty.

I AM AVAILABLE TO WORK DAYTIME BINGOS  (11am – 4:00 pm) OR  
EVENING BINGOS  (5pm – 10:00 pm) OR LATE  (5pm – 12am)

**CANCELLATION POLICY:**

There is no refund after the 5<sup>th</sup> class at either location. Prior to the 5<sup>th</sup> class, two weeks written notice will be required to receive a refund. Email will suffice for written notice. Children can attend classes during the two weeks following written notice of cancellation.

**REMEMBER FOR YOUR REGISTRATION TO BE COMPLETE, WE MUST HAVE;**

- 1. Your cheque(s) for the 10, or 11 week session at Kinsmen or Terwillegar, (current + post dated cheques dated Feb. 1 and Feb. 15, 2023).
- 2. Fundraising "Performance cheque" of \$100 (only if you plan on working bingos)

**(Please make cheques payable to E.S.P.D.C. or ESP Diving Club) E-transfers should be sent to [espdiver@telus.net](mailto:espdiver@telus.net)**

I have read and understand my obligations indicated on the above form:

\_\_\_\_\_  
Signature of Parent/Guardian or diver if 18yrs or older Date

**FOR MORE INFORMATION ABOUT THIS OR OTHER PROGRAMS OFFERED THROUGH THE EDMONTON SPRINGBOARD AND PLATFORM DIVING CLUB, OR TO REGISTER PLEASE CALL:**

**780 444-7301**

***Mailing address: 7 RIVER HEIGHTS DRIVE N.W. EDMONTON, ALBERTA, T6M 2R1 This form may also be dropped off at the Kinsmen Sports Centre in the drop box.(Please enquire about location)***

Email: [espdiver@telus.net](mailto:espdiver@telus.net)

Website: [www.espdiver.com](http://www.espdiver.com)