

Summer Camps

Learn to Dive

with

Edmonton Springboard and Platform's



OLYMPIC DIVING



PROGRAM AT THE KINSMEN AQUATIC CENTRE

CANADA'S MOST POPULAR AND SUCCESSFUL LEARN TO DIVE CAMPS START JULY 5th

WITH PROGRAMS FOR ALL LEVELS AND AGES!

FREE CAMPS: These camps can be cash free to those who want to volunteer by fundraising at our bingos

LEARN TO DIVE WITH THE BEST

This program 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 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 metre, ½ metre, 1 metre and 3 metre learning to perfect their acrobatic skills.

The internationally acclaimed water softening "Bubble Machine" invented by our Head Coach is available to cushion the impact of any new dive not having a good entry into the water. As well delayed replay video units are available for feed back and analysis.

This curriculum and training system has allowed our club to win both Senior and Junior national team championships, place three club members on Canada's Olympic Team, win over 50 National Championship gold medals as well as Junior World and Commonwealth Games medals.

Cost of 1.5 hours/day Daily Diving Lesson- \$125.00 for one week Monday - Friday. (\$100 for the Aug. 3-6 camp) 9-10:30am or 1-2:30pm (other times may be available)

Cost of ½ Day Diving Camp (9:00 - 12:00pm or 1:00 - 4:00pm) - \$155.00 for one week Monday - Friday (1.5 hours of instruction plus other activities outdoors, etc.)

Cost of Full Day Diving Camp (9:00 - 4:00pm) - \$275.00 for one week, with 1.5 hours of instruction in the morning and afternoon as well as outdoor activities.



1988 and 2000

**Olympic Team Coach
Herb Flewwelling** and

his large staff of national and international level coaches provide a fun filled achievement oriented Learn-To-Dive curriculum with an eight badge system.

(780) 444-7301

REGISTRATION FORM: (PLEASE PRINT)

| | | |
|-----------------------------------|---------------------|------------------------------|
| Family Name: | Child's 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: |
| Mother's Email: | Father's Email: | AHC No. |

Diving experience: _____ Beginner (no previous lessons) _____ Beginner (some lessons)
 _____ Intermediate (indicate level passed) _____ Advanced (indicate level passed)

(Please CHECK which week(s) and RANK (1st, or 2nd) what time(s) you would like to attend)

| | July 5-9 KINSMEN | July 12-16 KINSMEN | July 19-23 KINSMEN | July 26-30 KINSMEN | Aug 3-6 * KINSMEN | Aug 9-13 KINSMEN | Aug 16-20 KINSMEN | Aug 23-27 KINSMEN |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 9:00-10:30 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1:00- 2:30 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1/2 Day AM 9:00-12:00 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1/2 Day PM 1:00-4:00 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Full Day 9:00-4:00 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

DROP OFF/PICK UP: Drop off is available at 8:30am/12:30pm for full or half day participants, pick up is available until 4:30pm (12:30pm if half day AM).

DISCOUNT: 10% discount for additional weeks or family members

PAYMENT: (Please check the appropriate box concerning payment options.)

I will be paying by cash or cheque or e-transfer. **Enclosed is cash or a cheque in the amount of \$_____ *If sending an e-transfer please send it to: Espdive@telus.net**

- \$125.00 for 1 week (*\$100 for the August 3-6th - 4 day camp) for the 1.5 hour instruction camps
- \$155 per week for the half day camp (*\$125 for the 4 day camp)
- \$275 for the full day weekly camp (*\$220 for the 4 day camp)

THIS PROGRAM CAN BE FREE IF YOU VOLUNTEER AT OUR BINGOS!

I would like to work at bingo(s) to subsidize my fees. Full payment must be received prior to the start of the camp. (A \$100 performance cheque is needed to work at bingos which will be held as a bond and **will only be cashed in the event that you fail to work a scheduled bingo without 7 days notice.**)

**Please make cheques payable to Edmonton Springboard and Platform Diving Club (E.S.P. Diving Club)
 Address: E.S.P. Diving Club, 7 River Heights Drive N.W. Edmonton, Alberta T6M - 2R1**

I have read and agree to the terms of registration: _____
SIGNATURE OF PARENT OR GUARDIAN DATE

*******All programs will be filled on a first come - first serve basis*******

For more information about this or other programs offered through the **EDMONTON SPRINGBOARD AND PLATFORM DIVING CLUB**, OR TO REGISTER PLEASE CALL THE CLUB OFFICE AT: **(780) 444-7301**
 www.espdive.com info@espdive.com