

# 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 3<sup>rd</sup>

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- \$160.00 for one week Monday – Friday 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) - \$185.00 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) - \$350.00 for one week, with 1.5 hours of instruction in the morning and afternoon as well as outdoor activities.

**(780) 444-7301**

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**1988 and 2000  
Olympic Team Coach  
Herb Flewelling** 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.

