

# 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 PROGRAM RUNS YEAR ROUND WITH PROGRAMS FOR ALL LEVELS AND AGES.

**LEARN TO DIVE WITH THE BEST!  
BEST COACHES, BEST PRICES!**

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 meter, ½ meter, 1 meter 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 several dozen national championship gold medals as well as Junior World and Commonwealth Games medals.



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 a  
eight badge system.

### Options:

1. Free diving lessons for beginners call 444-7301 for information
2. Our recreational diving program including badges and recreational competitions - sign up for the FALL, WINTER and SPRING SESSIONS.

Program season runs from September 21st to June 18th, 2010. Please phone to ask about our low, subsidized rates for the 11 week sessions. Bingos can be worked to pay for all or part of the cost. Please call for payment options.

**RESERVATIONS MUST BE MADE OVER THE PHONE. TO RESERVE A SPOT IN THE PROGRAM CALL: 444-7301 ( MAIN OFFICE) AND WE WILL EMAIL YOU A REGISTRATION FORM!**

Divers may come once a week, and at a reduced cost -twice a week or more in our recreation program !

Monday, Tuesday, Wednesday, Thursday and Friday at 5:15P.M – 6:45 P.M., 6:45P.M. – 8:15 P.M., or 7:00-8:30P.M.

Saturday at 10:15A.M. – 11:45 A.M., 11:45A.M. – 1:15 P.M. or our ADULT CLASS from 1:00- 2:30P.M.

We also now have SUNDAY's from 10:30-12:00!!

Check out our WEB SITE [www.espdive.com](http://www.espdive.com) or send us an email: [espdive@telusplanet.net](mailto:espdive@telusplanet.net)

**FOR FREE diving lessons PHONE 444-7301**