

Learn to Dive Summer Camps

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 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 over 50 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.

Cost of 1.5 hours/day Daily Diving Lesson- \$95.00 for one week or \$170.00 for two weeks!

Cost of ½ Day Diving Camp (8:30- 12:00pm or 1:00- 4:30) - \$125.00 + \$20.00 1 time registration fee for 1 week.

Cost of Full Day Diving Camp (8:30- 4:30pm) - \$195.00 + \$30.00 1 time registration fee.

(780) 444-7300

REGISTRATION FORM: (PLEASE PRINT)

Divers surname: _____ Given name(s) _____

Address: _____
No. Street/Avenue City Postal Code

Birthdate: _____ Age _____ Sex _____ Phone# _____

Parent's/Guardian's name(s): _____ Email: _____

Phone# (bus.) _____ Health info: _____

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

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

- Week of July 5 - 9, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of July 12 - 16, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of July 19 - 23, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of July 26 - 30, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of Aug 3 - 6, (4 days)* Tue. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of Aug. 9 - 13, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of Aug. 16 - 20, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD
- Week of Aug. 23 - 27, Mon. - Fri. { _____ 9:30 - 11:00 AM or _____ 1:00 - 2:30PM} __1/2 __FD

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

I will be paying by cash or cheque. (Enclosed is cash or a cheque in the amount of \$ _____)

Cost is \$95.00 for 1 week, \$170.00 for 2 weeks or 2 children for 1 week. For each additional week, or child add \$75.00
*\$75 for the August 4th - 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. Cost is 2 bingos for each week or 1 bingo and a cheque for \$45.00. (A \$100 performance cheque is needed to work at bingos)

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) 444-7300**