



Beginning Diving Lessons - Level 1

These classes are an introduction to the sport of spring board diving. The class sessions are designed to teach the safe and proper way to use the spring board. Any individual 8 years and older who has an interest in diving, can comfortably swim in deep water, and do a head first entry dive off the side of the pool can join this class. Students will be taught a forward approach and a back press. They will progress to forward and backward dives as well as other skills as time and ability permit. This group is limited to 8 divers per session.

Intermediate Diving Lessons - Level 2

Designed for the diver who has been recommended to move up from the beginning diving lessons. If the diver has come from a different diving program, or has no formal diving instruction, the diver should be able to successfully execute a forward approach, back press, forward dive, and back dive without assistance. Divers are enthused about diving and need just a few more dives to become a part of the team. This class will move at a quicker pace than the beginning lessons. This group is limited to 8 divers per session.

Pre-Team - Level 3

This group is geared to the diver who has moved up through the lesson program and is not quite ready to join the team, but has skills at or beyond the intermediate level and would like a longer training session. Divers in this group should minimally be able to do forward and backward dives and a front flip.

Competitive Diving Team - Bronze

This group of divers has been recommended to move up from the diving lessons or has been placed through a scheduled tryout. This training team is geared toward the younger level competitive diver who has a continued interest in learning more dives and is developing a passion for the sport. They want to become involved in local skill competitions and USA Diving Meets. Divers are expected to become Blue Level Members (\$20) of USA Diving organizations before competing. Divers in this group should be able to successfully complete a forward dive, backward dive, and a forward flip. This group is geared toward the junior high and grade school diver.

Competitive Diving Team - Silver

This group of divers is comprised of high school level divers or through coach's recommendation. Divers in this group have a strong desire to improve their diving skills and take their abilities to the next level. Divers will work on improving diving mechanics and level of difficulty on their individual dives. Divers will be expected to become Blue Level Members (\$20) of USA Diving organizations before competing and will also have opportunities to compete in USA Diving meets.

Three Meter Training

This training is geared to competitive divers who are already on the bronze or silver diving team. We will focus our training on learning 3-meter skills and dives, while also training on the 1-meter board. The 3-meter board is a competitive event at the collegiate level and is an Olympic event.

Beginning Diving Lessons - Level 1

Dates: January 12 - February 9 (5 weeks)
Location: Palatine High School
Min/Max: 3/8
Prog # **Day** **Time** **Fee***
 7400-4 Sat 12:15-1:10 pm \$60 R/\$90 NR

Dates: January 28 - February 25 (4 weeks)
no lesson 2/18

Location: Fremd High School
Min/Max: 3/8
Prog # **Day** **Time** **Fee***
 7401-4 Mon 7:00-7:55 pm \$50 R/\$75 NR

Intermediate Diving Lessons - Level 2

Dates: January 28 - February 25 (4 weeks)
no lesson 2/18

Location: Fremd High School
Min/Max: 3/8
Prog # **Day** **Time** **Fee***
 7402-4 Mon 8:00-9:00 pm \$50 R/\$75 NR

Pre-Team - Level 3

Dates: December 1 - February 23 (11 weeks)
no lesson 12/22, 12/29

Location: Palatine High School
Min/Max: 3/8
Prog # **Day** **Time** **Fee***
 7403-4 Sat 1:15-2:45 pm \$135 R/\$203 NR

Competitive Diving Team - Bronze

Dates: November 26 - February 20 (13 weeks)
no diving 12/24, 12/26, 12/31, 1/2, 1/16, 1/17, 1/21, 2/18

Location: Palatine High School
Min/Max: 4/10
Prog # **Day** **Time** **Fee***
 7404-4 M/W/Th 7:00-8:30 pm \$230 R/\$330 NR

Dates: November 26 - February 21 (13 weeks)
no diving 12/24, 12/26, 12/31, 1/2, 1/16, 1/17, 1/21, 2/18

Location: Palatine High School
Min/Max: 4/10
Prog # **Day** **Time** **Fee***
 7405-4 M/W/Th 7:00-8:30 pm \$290 R/\$390 NR

Competitive Diving Team - Silver

Dates: November 27 - February 21 (13 weeks)
no diving 12/25, 1/1, 1/17, 1/22

Location: Palatine High School (Tues/Thur)
 Fremd High School (Wed)
Min/Max: 5/14
Prog # **Day** **Time** **Fee***
 7406-4 T/W/Th 7:00-9:00 pm \$340 R/\$440 NR

Three Meter Training

Dates: December 1 - February 23 (13 weeks)
no diving 12/22, 12/29

Location: Harper College
Min/Max: 3/8
Prog # **Day** **Time** **Fee***
 7407-4 Sat 8:00-10:00 am \$145 R/\$218 NR

*D211 Resident additional \$25 over resident fee.

See page 51 for Water Polo!