

Competitive Diving

These classes are designed to take diving to a higher level. Instruction will include what you need to know for diving competition.



Age: 6 years & over
Location: Birchwood Pool
Min/Max: 4/15 (1 instructor up to 8 participants)

Session I

Dates: June 8 - June 18 (2 weeks)
Prog # Day Time Fee
 7400-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Session II

Dates: June 22 - July 2 (2 weeks)
Prog # Day Time Fee
 7401-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Session III

Dates: July 6 - July 16 (2 weeks)
Prog # Day Time Fee
 7402-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Session IV

Dates: July 20 - July 30 (2 weeks)
Prog # Day Time Fee
 7403-2 M-Th 5:00-6:30 pm \$100 R/\$150 NR

Learn To Dive

These classes are designed to give each diver the necessary background and skills to qualify for the diving team. The time is divided between teaching diving techniques, safety, and having fun. Participants should be able to front crawl 25 yards.

Age: 6 years & over
Location: Birchwood Pool
Min/Max: 4/15 (1 instructor up to 8 participants)

Session I - Level I

Dates: June 9 - June 18 (2 weeks)
Prog # Day Time Fee
 7404-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

Session II - Level II

Dates: June 22 - July 2 (2 weeks)
Prog # Day Time Fee
 7405-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

Session III - Level I

Dates: July 6 - July 16 (2 weeks)
Prog # Day Time Fee
 7406-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

Session IV - Level II

Dates: July 20 - July 30 (2 weeks)
Prog # Day Time Fee
 7407-2 M-Th 9:00-9:45 am \$46 R/\$69 NR

DON'T WAIT to register!

If a program does not reach its minimum 7 days prior to the starting date of class, it may be cancelled.

LEARN TO SWIM

American Red Cross Certified Courses

Level IIntroduction to Water Skills

Children will learn supported floats. Explore deeper water with assistance. Ages 5 years and over.

Level IIFundamental Aquatic Skills

Progress to performing unsupported floats. Learn basic movements for front and back crawl. For children who can submerge underwater comfortably.

Level IIIStroke Development

Must be comfortable with deeper water. Children will build up to swimming 15 yards of front and back crawl with proper breathing technique.

Level IVStroke Improvement

Children will learn the butterfly stroke and open turns. Also taught are new kicking techniques used for 1 minute of treading water.

Level VStroke Refinement

Children practice all competitive strokes and must perform them properly over longer distances (up to 50 yards per stroke). Also learned are competitive turns and various deep water surface dives.

Level VIFitness Swimming & Fundamentals of Diving

Building endurance is the focus of this level. Swimmers will build up to a 500 yard continuous swim, 5 minutes of treading water, and will also learn various surface and springboard dives.

WHAT DIVING LEVEL SHOULD I REGISTER FOR?

Register for Level I Learn to Dive...

- if you have never done a head first dive
- if you have never done a back dive
- if you have not learned a four step front approach or a two step backwards press

Register for Level II Learn to Dive...

- if you can do a front dive and back dive
- if you can do dives from some, but not all, of the five groups - forward, backward, inward, reverse, and twisting
- if you have learned a front approach and back press

Register for Competitive Diving...

- if you are an experienced competitive diver
- if you have knowledge of somersaulting and twisting optionals
- if you have the desire to train on a competitive level