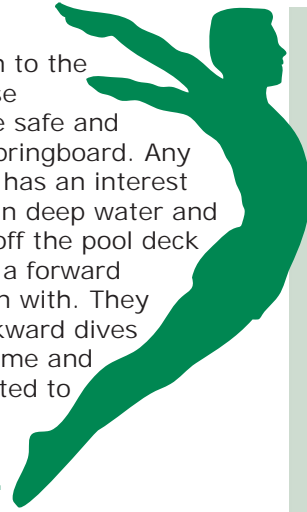


# WINDY CITY DIVING

# DIVING

## Beginning Learn to Dive

These classes are an introduction to the sport of springboard diving. These classes are designed to teach the safe and proper way to use the 1 meter springboard. Any individual 8 years and older who has an interest in diving, can swim comfortably in deep water and can already do a head first dive off the pool deck can join. Students will be taught a forward approach and back press to begin with. They will progress to forward and backward dives as well as other diving skills as time and ability permits. This group is limited to 8 divers per session.



## Intermediate & Advanced Diving **NEW!**

These classes are 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 had no formal diving instruction, the diver should be able to successfully execute a forward approach, back press, forward dive, and back dive without assistance. These divers are enthused about diving and need just a few more dives to be a part of the team. The class will move at a quicker pace than the beginning lesson.

## Travel Team - Blue House Team

This group of divers has been recommended to move up from the Beginning or Intermediate & Advanced Diving Lesson by their instructor. They may also be placed on a coach's recommendation. This group has a strong desire to learn new dives and is developing a passion for the sport. They are not yet ready to be on the travel team, but are willing to compete in local area competitions. Divers will be expected to register with USA Diving as a Competitive Blue Level Diver (\$20) and bring a copy of the card to their first practice with the team. This team is limited to 12 divers.

## Travel Team - Gold Travel Team

This group of divers is selected by coach recommendation. Divers in this group are highly competitive and are willing to travel in competitions beyond the local area. Divers are expected to compete in all Illinois Diving Association meets and Regional competitions. Several will qualify on to National competition. This team is geared to the top level diver in high school and at the club level. Training will be on both 1 and 3 meter springboards. Members of this team are required to register with USA Diving as a Competitive Gold Level Diver (\$75) and bring a copy of the card to their first practice with the team. This team is limited to 12 divers.

## Beginning Learn to Dive Lessons

Location: Palatine High School  
Min/Max: 3/8

Dates:	March 7 - April 2 (5 weeks)		
Prog #	Day	Time	Fee
7400-1	Wed	7:00-8:00 pm	\$60 R/\$80 NR

Dates:	April 11 - May 16 (5 weeks)		
Prog #	Day	Time	Fee
7401-1	Wed	7:00-8:00 pm	\$60 R/\$80 NR

## Intermediate & Advanced Diving Lessons

Location: Palatine High School  
Min/Max: 3/8

Dates:	March 7 - April 2 (5 weeks)		
Prog #	Day	Time	Fee
7402-1	Wed	8:00-9:00 pm	\$60 R/\$80 NR

Dates:	April 11 - May 16 (5 weeks)		
Prog #	Day	Time	Fee
7403-1	Wed	8:00-9:00 pm	\$60 R/\$80 NR

## Competitive Diving Team - Blue

Dates: February 28 - May 31 (14 weeks)  
Min/Max: 4/12

Location:	Palatine & Fremd High School		
Prog #	Day	Time	Fee
7404-1	T/Th	7:30-9:00 pm	\$240 R/\$300 NR

Location:	Palatine & Fremd High School, Harper College		
Prog #	Day	Time	Fee
7405-1	T/Th	7:30-9:00 pm	\$300 R/\$360 NR
	Sat	8:30-10:00 am or 12:00-1:30 pm	

## Competitive Diving Team - Gold

Dates: February 27 - June 6 (15 weeks)  
Location: Palatine & Fremd High School,  
Harper College  
Min/Max: 4/12

Prog #	Day	Time	Fee
7406-1	M/W/Th	5:00-7:00 pm	\$450 R/\$510 NR
		or 7:00-9:00 pm	

Prog #	Day	Time	Fee
7407-1	M/W/Th	5:00-7:00 pm	\$500 R/\$560 NR
		or 7:00-9:00 pm	
	Sat	8:30-10:00 am or 12:00-2:00 pm	

**Join our Email List at**

[www.palatineparks.org](http://www.palatineparks.org)

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