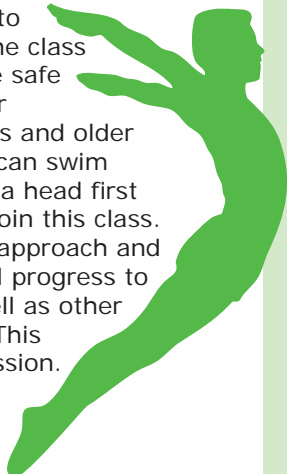


Windy City Diving

Lessons - Beginning Learn to Dive

These classes are an introduction to the sport of springboard diving. The class sessions 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 and can swim comfortably in deep water and do a head first entry off the side of the pool can join this class. 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 skills as time and ability permits. This group is limited to 8 divers per session.



Lessons - Advanced Learn to Dive

This class is designed for the diver who has been recommended from the beginning diving lesson. If divers have come from a different diving program, or have had no formal instruction, the diver should be able to successfully execute a front approach, back approach, front dive, and a back dive.

House Team

Blue House Team

This group of divers has been recommended to move up from Beginning or Advanced Diving lessons by their instructor. They also may be placed based on coaches recommendation or by scheduled tryout. This group has a strong desire to continue to learn new dives, and are developing a passion for the sport. They are not yet ready to compete on the Gold or Travel Team but want to get involved in local skill level diving competitions. Divers will be expected to become Competitive blue level (\$20) members of USA Diving before they attend their first practice and bring a copy of their USA Diving card. This group will meet either 2 or 3 days per week for 1.5 hours per session. The team is limited to 12 members.

Travel Team

Gold Travel Team

This group of divers is selected by coach recommendation or through placement at a scheduled tryout. Divers in this group have a strong passion to improve their diving abilities and want to take their diving to the next level. These divers also have a strong desire to compete and will attend all Illinois Diving Association meets and regional competitions. This group will meet 3 days a week for 2 hours each session. Members must become registered members of USA Diving Competitive Gold Level (\$75) and bring a copy of their card to their first practice. This team is limited to 12 members.

Beginning Learn to Dive Lessons

Dates:	April 16 - May 21		
Location:	Palatine High School 1111 Rohlwing Road, Palatine		
Min/Max:	3/8		
Prog #	Day	Time	Fee
7400-1	Sat	12:00-1:00 pm	\$60 R/\$90 NR

Advanced Learn to Dive Lessons

Dates:	April 16 - May 21 (6 weeks)		
Location:	Palatine High School 1111 Rohlwing Road, Palatine		
Min/Max:	3/8		
Prog #	Day	Time	Fee
7402-1	Sat	1:00-2:00 pm	\$60 R/\$90 NR

REGISTER NOW! NOT PART OF THE LOTTERY.

Competitive Diving Team

Blue Competitive Diving Team (House Team)

Dates:	February 28 - May 26 <i>no practice 3/21, 3/23, 3/24, 4/11</i>		
Location:	Fremd High School 1000 S. Quentin Road, Palatine		
Min/Max:	5/10		
2 Nights			
Prog #	Day	Time	Fee
7403-1	M/W	7:00-8:30 pm	\$200 R/\$300 NR

3 Nights			
Prog #	Day	Time	Fee
7404-1	M/W	7:00-8:30 pm	\$260 R/\$360 NR
	Th	6:30-8:00 pm	

Gold Competitive Diving Team (Travel Team)

Dates:	February 28 - June 9 <i>no practice 4/11, 5/30</i>		
Location:	Palatine High School 1111 Rohlwing Road, Palatine		
Min/Max:	6/12		
Prog #	Day	Time	Fee
7405-1	M/T/Th	7:00-9:00 pm	\$400 R/\$500 NR

COMMUNITY SKATE PARK

Hours of Operation

Monday - Saturday
9:00 am - 9:00 pm

Sunday
12:00 pm - 9:00 pm

Tuesday, Thursday, Saturday
9:00 am - 2:00 pm
Beginners Only (under 12 years old)

Skate Park rules and closing dates are posted at the site and are available online at www.palatineparks.org - Parks & Facilities (Skate Park).

Join our Email List at
www.palatineparks.org

Get updates on registration dates, events, special programs, and more!