

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

The intermediate level is 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. Divers in this group should minimally be able to do forward and backward dives and a front flip.

Travel Team - Blue House Team

This group of divers has been recommended to move up for the diving lessons 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. 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 the first practice with the team. This team is limited to 12 divers.

Three Meter Training

This training is geared to competitive divers who are already on the competitive gold diving team. If space permits, divers from the blue team will be admitted. 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/Intermediate Diving Lessons - Level 1 & 2

Location: Palatine High School
Min/Max: 3/8
Dates: February 26 - March 19 (4 weeks)
Prog # **Day** **Time** **Fee***
 7400-1 Tues 7:00-8:00 pm \$50 R/\$75 NR

Dates: April 2 - April 23 (4 weeks)
Prog # **Day** **Time** **Fee***
 7401-1 Tues 7:00-8:00 pm \$50 R/\$75 NR

Intermediate/Pre-Team Diving Lessons - Level 2 & 3

Location: Palatine High School
Min/Max: 3/8
Dates: February 26 - March 19 (4 weeks)
Prog # **Day** **Time** **Fee***
 7402-1 Tues 8:00-9:00 pm \$50 R/\$75 NR

Dates: April 2 - April 23 (4 weeks)
Prog # **Day** **Time** **Fee***
 7403-1 Tues 8:00-9:00 pm \$50 R/\$75 NR

Competitive Blue Travel Team

Location: Palatine High School/Fremd High School
Min/Max: 4/12

Start Date is a Wednesday

Dates: February 27 - May 30 (12 weeks)
no diving 4/1, 4/3, 4/8, 5/27
Prog # **Day** **Time** **Fee***
 7404-1 M/W/Th 7:30-9:00 pm \$310 R/\$410 NR

Dates: February 27 - May 29 (12 weeks)
no diving 4/1, 4/3, 4/8, 5/27
Prog # **Day** **Time** **Fee***
 7405-1 M/W 7:30-9:00 pm \$260 R/\$360 NR

Competitive Gold Travel Team

Location: Palatine High School/Fremd High School
Min/Max: 4/12

Dates: February 25 - June 8 (15 weeks)
no diving 4/1, 4/8, 4/15
Prog # **Day** **Time** **Fee***
 7406-1 M/T/W/Th 7:00-9:00 pm \$510 R/\$610 NR
 or 7:30-9:00 pm
 Sat 12:00-2:00 pm

Dates: February 25 - June 8 (15 weeks)
no diving 4/1, 4/8, 4/15
Prog # **Day** **Time** **Fee***
 7407-1 M/W/Th 7:00-9:00 pm \$450 R/\$550 NR
 or 7:30-9:00 pm
 Sat 12:00-2:00 pm

Three Meter Training

Dates: March 2 - June 1 (11 weeks)
no diving 3/16, 3/30, 5/25
Location: Harper College
Min/Max: 4/10
Prog # **Day** **Time** **Fee***
 7408-1 Sat 8:00-10:00 am \$150 R/\$225 NR

*D211 Resident additional \$25 over resident fee.