

University of Chicago Diving School

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Bouncing Beginner (50 minutes)

Offered:

- Tuesdays from 5:00-5:50pm
 - July 9, 16, 23, 30 & August 6, 13
- Saturdays from 12:00-12:50am
 - July 6, 13, 20 & August 3, 10, 17 (NO CLASS July 27)

This introductory diving class is for the avid swimmer who wants to broaden their horizons and learn the basic skills of springboard diving. Speed of progression will naturally vary by participant, but goals of the class include learning groundwork skills such as the tuck, pike, and straight positions, front and back dives, and the basic diving hurdle. We require that all participants are able to swim 25 yards unassisted and each participant will take part in a mandatory swim test during their first session with the diving school.

Ages: 5 years +

Cost: \$110 for 6 sessions (1 day/week)
\$210 for 12 sessions (2 days/week)

Flipping Phoenix (80 minutes)

Offered:

- Thursdays from 4:30 – 5:50pm
 - July 11, 18, 25 & August 1, 8, 15
- Saturdays from 1:00-2:20pm
 - July 6, 13, 20 & August 3, 10, 17 (NO CLASS July 27)

The Flipping Phoenix diving group is designed for divers at an intermediate level who already possess key basic skills such as the tuck, pike, and straight positions, front and back dives, and the diving hurdle. Lessons are geared towards preparing divers to compete at the USA Diving, AAU, and High School levels. All Flipping Phoenix classes will also include a period of “dry-land” conditioning, which includes plyometric, total body conditioning, and trampoline work to help strengthen crucial diving muscles and improve performance on the boards.

Ages: 5 years +

Cost: \$160 for 6 sessions (1 day/week)
\$295 for 12 sessions (2 days/week)