

University of Chicago

# DIVING SCHOOL



Do you already know how to swim and want to learn how to jump, flip, and twist off multiple heights of diving boards? Looking for another way to stay active and have a blast this fall? Are you looking to improve your basic diving skills in order to compete at the High School, AAU, or USA Diving level? Then join us at Ratner Athletic Center this fall for our community DIVING SCHOOL program! Classes are lead by University of Chicago Varsity Diving Coach Kendra Melnychuk and assisted by UAA Conference Champions and NCAA All-American University of Chicago Varsity Divers.

## Register online September 25!

<http://athletics.uchicago.edu/aquatics/aquatics-swimschool.htm>

### Fall 2013 Levels & Sessions Offered

#### Bouncing Beginner

**Offered:** Mondays @ 5:00-5:50pm & Saturdays/Sundays @ 12:00-12:50pm

**Cost:** \$110 for 6 sessions or \$210 for 12 sessions

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. Beginner classes are limited to 12 participants; those who register after the class is full will be put on the wait list.

#### Flipping Phoenix

**Offered:** Saturdays/Sundays @ 1:00-2:20pm

**Cost:** \$160 for 6 sessions

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. Phoenix classes are limited to 16 participants; those who register after the class is full will be put on the wait list.

FALL  
SESSION  
STARTS  
OCTOBER 5th!

## More info?

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