

"THE WATER DOESN'T KNOW YOUR AGE"

DARA TORRES

WINDY CITY DIVING

Windy City Diving Lessons

Level 1 Beginner

This class is an introduction to the sport of springboard diving and designed to teach safe, proper way to use a springboard. Any individual who has an interest in diving can swim comfortably in deep water, and dive in head first off the side of the pool can take this class. Students will be taught a forward approach and back press. They will progress to forward and back dive as well as other skills based on ability. (AB)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9167	8-17 yrs	S	7:00p-8:00p	9/11-10/30	\$110/\$165
9170	8-17 yrs	Th	6:30p-7:30p	9/15-11/3	\$110/\$165
9168	8-17 yrs	S	7:00p-8:00p	11/6-12/18	\$110/\$165
9171	8-17 yrs	Th	6:30p-7:30p	11/10-12/15	\$110/\$165

Windy City Diving Lessons

Level 2 Intermediate

The Level 2 class is for those divers who already know how to do a proper diving hurdle, back press, forward dive with an approach and a backward dive without any assistance. Divers may also be recommended to advance to this class during their beginning lesson.(AB)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9165	8-17 yrs	S	5:50p-7:00p	9/11-10/30	\$120/\$180
9166	8-17 yrs	S	5:50p-7:00p	11/6-12/18	\$90/\$135

Windy City Diving Club

Level 3 Future Champion

Expand your diving knowledge and improve your skills with the instructors from Windy City Diving. Divers at this level at minimum can perform a forward dive, backward dive and forward somersault without assistance. Divers should be enthusiastic about the sport of diving, have a willingness to learn more dives and may be interested in competing in the future. (AB)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9178	8-18	W	6-7:30pm	9/14-11/4	\$160/\$240
		F	5:15-7pm		
9180	8-18	W	6-7:30pm	11/9-12/16	\$145/\$217
		F	5:15-7pm		

Windy City Diving Club

Level 4 Jr. Olympic Travel

Divers at this level have a full competitive junior Olympic level list for their age level or can complete 11 different dives if they are a high school diver. This team is geared to the diver who is competitive, looking to improve skills, learn new dives and looks forward to the challenge of becoming a better diver.

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9186	8-18	M	5:15-7:15pm	9/10- 11/3	\$470/\$705
		W	7-9pm		
		Th	7:15-9pm		
		Sat	8:30-11am		
9188	8-18	M	5:15-7:15pm	11/5-12/15	\$250/\$375
		W	7-9pm		
		Th	7:15-9pm		
		Sat	8:30-11am		

WATER POLO

Youth Water Polo

This class will be coached by staff who play or have played water polo at the high school level. Specific skills will be worked on during each class with the intent of conducting actual games at the end of the session. This class will be taught in the dive well. Students must know how to swim and be comfortable in deep water. (LR)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
8472	8-14 yrs	S	8:00a-8:50a	9/11-12/18	\$98/\$147



11/24, 11/26, 11/27