

# Windy City Diving Dryland Training Center

Signature Gymnastics Academy  
2246 Palmer Drive Suite 107  
Schaumburg, IL 60173

## **SUMMER TRAINING INFORMATION**

May 31 - July 20, 2022

(Notes: Memorial Day and July 4 holidays are moved to Tuesdays and any days missed for meets or coach availability are moved to open days at the beginning of the season. Please refer to calendar on the sign-up document)

### Participant must complete three requirements:

- 1) United States Diving current membership
- 2) Windy City Diving team membership
- 3) Signature Gymnastics Academy signed waiver.

### When:

Three group times will be available each day dryland is available.

Group 1 - 7:45am-9:15am

Group 2 - 12:15pm-1:45 pm

Group 3 - 7:00pm- 8:30pm

### Dryland availability days by week:

Week 1: T-F	May 31, June 1, June 2, June 3
Week 2:	No offering
Week 3: T-F	June 14, June 15, June16, June17
Week 4: M	June 20, (zones meet June 21-25)
Week 5: M,W	June 27, June 29
Week 6: T,W	July 5, July 6
Week 7: M,W	July 11, July 13
Week 8: M,W	July 18, July 19
Week 9: M.	July 25

### Fees:

10 Session package fee	\$300
18 Session package fee	\$500





## WINDY CITY DIVING

**Dryland Registration form:**

**Summer 2022**

Diver Name: \_\_\_\_\_

Diver e-mail: \_\_\_\_\_@\_\_\_\_\_. \_\_\_\_\_

Parent e-mail: \_\_\_\_\_@\_\_\_\_\_. \_\_\_\_\_

Parent: Emergency Phone#: \_\_\_\_\_

**Training Time: (circle one)**

Group 1. 7:45AM - 9:15AM

Group 2. 12:15PM - 1:45PM

Group 3. 7:00PM - 8:30PM

**Session/Payment options:**

10 Sessions Package. \$300

18 Sessions Package. \$500

**Checks made payable to: Windy City Diving Team**

Send via mail or bring to first Session:

Windy City Diving Team

1139 Gordon Terrace

Deerfield, IL 60015