

Windy City Diving Lessons: Level I

The beginner diving class is an introduction to the sport of springboard diving and is designated to teach the safe and proper way to use the springboard. Any individual 8-18 years old who has an interest in diving, can swim comfortably in deep water, and dive in head first off the side of the pool deck into deep water can take 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 based on ability. (AN)

Arlington Ridge Center

Code	Day(s)	Time	Date(s)	R/NR Fee
63425	M-Th	5:00p-6:00p	6/6-6/16	\$120/\$150
63426	M-Th	5:00p-6:00p	6/20-6/30	\$120/\$150
63427	M-Th	5:00p-6:00p	7/5-7/14	\$105/\$131
63428	M-Th	5:00p-6:00p	7/18-7/28	\$120/\$150
63432	Sa	9:15a-10:15a	6/11-7/30	\$105/\$131

Pioneer

Code	Day(s)	Time	Date(s)	R/NR Fee
63421	M-Th	9:30a-10:30a	6/6-6/16	\$120/\$150
63422	M-Th	9:30a-10:30a	6/20-6/30	\$120/\$150
63423	M-Th	9:30a-10:30a	7/5-7/14	\$105/\$131
63424	M-Th	9:30a-10:30a	7/18-7/28	\$120/\$150

Windy City Diving Lessons: Level II

The intermediate and advanced diving classes are for those divers who already know how to do a proper diving hurdle and back press. The divers will be taught new skills and tricks based on their current skill and ability. *Prerequisite - Must have previously participated in a level 2 lesson or have gymnastics experience. Must also be able to perform a back fall in entry without a spot. (AN)

Arlington Ridge Center

Code	Day(s)	Time	Date(s)	R/NR Fee
63433	Sa	10:15a-11:30a	6/11-7/30	\$131/\$164

Windy City Diving Team: Level II-III

Diving club will be offered to those students who have shown the skills necessary to move beyond the intermediate diving lessons, or who have already been on a high school diving team. These divers are looking to learn new tricks to improve their diving list and are willing to compete. (AN)

Arlington Ridge Center

Code	Day(s)	Time	Date(s)	R/NR Fee
63429	T,Th	6:00p-7:30p	6/7-6/30	\$156/\$205
63430	T,Th	6:00p-7:30p	7/5-7/28	\$156/\$205
63431	T,Th	6:00p-7:30p	6/7-7/28	\$288/\$360



For more information about programs on this page, contact Angela Neill, Aquatics Supervisor at aneill@ahpd.org.