

Windy City Diving Team

Intermediate Lessons Program at UIC

2025 Spring Session Intermediate Diving Lessons:

- Open to anyone who is between the ages of 8-16
- Intermediate lessons are for divers with some experience and must be able to do a proper diving hurdle, front dive tuck, front somersault, and back lineup.
- The divers will be taught new skills based on their current skill and ability

Start Date: March 3rd – May 1st

Mondays and Wednesdays 6:30-8:00 pm

- UIC Flames Natatorium
- Bring a swimsuit, towel, shorts, and a T-shirt
- **Class size will be limited to 8 participants**

Fee:

- 2 days \$ 450.00

All participants must be registered in AAU Diving and attached to the Windy City Diving team. <https://aausports.org/Join-AAU>

The registration form must be completed and returned with a check payable to

**Windy City Diving Team
1139 Gordon Terrace
Deerfield, IL 60015**



WINDY CITY DIVING

Spring Intermediate Diving Lessons registration form

Parent Name: _____

Child's Name: _____

Child's Age: _____

Email address: _____ @ _____ . _____

Emergency Contact Phone Number: _____

Lesson Days: Monday & Wednesday from 6:30-8:00 pm

Payment: _____

Check #: _____

Please mail this form along with a check payable to Windy City Diving.

Windy City Diving Team
1139 Gordon Terrace
Deerfield, IL 60015

****All participants must be registered with AAU Diving and identify Windy City Diving as their team. Please enclose a copy of your membership card.**