



RECREATIONAL - Spring 2023

LAWSON AQUATIC CENTER

Improve your child's physical fitness, body awareness, flexibility, strength, speed and coordination through training in gymnastics, swimming, and diving. Participation in sport not only increases understanding of fitness but also improves listening skills, concentration, social skills and self-confidence.

Start Date: Week of April 17th Finish Date: Week of June 19th

Lessons Run Weeks of: April 17/24, May 8/15/29, June 5/12/19

Tumble Bugs	Age 4 (Max 4 per lesson)	Class Choice	Cost for 8 weeks
Monday	4:50-5:50		\$145/1x per week
Olympic Nest	Age 5-7 (Max 6 per lesson)	Class Choice	Cost for 8 weeks
Tuesday	4:50-5:50		\$170/1x per week \$260/2x per week
Wednesday	6:00-7:00		
Learn to Dive	Ages 8-13 (Max 8 per lesson)	Class Choice	Cost for 8 weeks
Monday	6:00-7:00		\$170/ 1x per week \$260/ 2x per week
Tuesday	6:00-7:00		
Wednesday	5:00-6:00		

Adult Dive	Age 14+ (Max 8 per lesson)	Class Dates	Cost for 9 lessons
Thursday, Saturday	5:30-7:00, 10:00-11:30	April 15 & 29, May 25, 27 June 1,3, 8, 15, 22	\$225

Diver's Name:	D.O.B: ___ / ___ / ___ D M Y	Gender: M / F
Life Jacket Required? Yes / No		
Parent Name(s):	Email:	
Address _____ Street City Postal Code		Phone Number:
How did you hear about us? Please circle all that apply <small>Website, Word of Mouth, Elementary School, Leader-Post activity guide, Summer Camps, Summer Outdoor pools, Social Media</small>		
<input type="checkbox"/> Please check the box if you wish to receive important email updates regarding this lesson		
<input type="checkbox"/> Please check the box if you wish to remain on our email list for future lessons.		
Please check one of the following that is most applicable to your aboriginal ancestry**		
<input type="checkbox"/> Status/Treaty <input type="checkbox"/> Non-Status <input type="checkbox"/> Métis <input type="checkbox"/> Inuit		
<small>**Providing this information is voluntary and will be used for statistical purposes, only. It will not be used by Dive Sask for any other prohibited preference as per The Saskatchewan Human Rights Code</small>		

Registration: Complete this form and email into learntodive@reginadiving.ca to register! Price includes a non-refundable \$25.00 administrative fee

Regina Diving is not responsible for any cancellations due to weather or facility issues