



RECREATIONAL DIVING

SPRING SESSION 2022 – LAWSON AQUATIC CENTER



TUMBLE BUGS, AGE 4 (max 4 per group): Participants will spend 45 minutes on land working on diving and tumbling basics, and have a blast on our trampoline, dryboards and airtrack. Water will be 15 minutes and include edge work focusing diving basics and fun and games!

COST FOR WHOLE SESSION (12-weeks): \$200

| CLASS CHOICE | DATES |
|-------------------------|--|
| Thursday: 4:50pm-5:50pm | April: 7, 14, 21, 28, May: (Monday) 9, 12, 19, 26, June: (Monday) 6, 9, 16, 23 |

OLYMPIC NEST, AGES 5-7 (max 6 per group): Includes 40 minutes on land of gymnastic activities, strength, flexibility, trampoline and dryboard skills. Water includes 10 minutes of edge work and 10 minutes of diving ABCs with a focus on safety, coordination and spatial awareness.

COST FOR WHOLE SESSION (12-weeks): \$240/1 class per week OR \$400/2 classes per week

| CLASS CHOICES | DATES |
|---|---|
| Monday: 4:50pm-5:50pm | April:4, 11, Wednesday-20, 25, May: 2, 9, 16, Tuesday-24, 30, June: 6, 13, 20 |
| Tuesday: 4:50pm-5:50pm | April: 5, 12, 19, 26, May: 3, 10, 17, 24, 31, June: 7, 14, 21 |
| Wednesday: 6:00pm-7:00pm | April: 6, 13, 20, 27, May: 4, 11, 18, 25, June: 1, 8, 15, 22 |
| Friday (7:30pm-8:30pm) & Saturday (10:15am-11:15am) | April: 22/23, 29/30, May: 13/14, 27/28, June:10/11, 17/18 |

LEARN TO DIVE, AGES 8-13 (max 8 per group): Includes 30 minutes of dryland activities including a group warm-up, tumbling, stretching, dryboard and trampoline, plus 30 minutes of diving basics. Learn to jump, dive, flip or cannonball while having FUN!

COST FOR WHOLE SESSION (12-weeks): \$240/1 class per week OR \$400/2 classes per week

| CLASS CHOICES | DATES |
|---|--|
| Monday: 6:00-7:00 | April:4, 11, Wednesday-20, 25, May: 2, 9, 16, Tuesday-24, 30, June: 6, 13, 20 |
| Tuesday: 6:00-7:00 | April: 5, 12, 19, 26, May: 3, 10, 17, 24, 31, June: 7, 14, 21 |
| Wednesday: 5:00-6:00 | April: 6, 13, 20, 27, May: 4, 11, 18, 25, June: 1, 8, 15, 22 |
| Thursday: 6:00-7:00 | April: 7, 14, 21, 28, May: (Monday) 9, 12, 19, 26, June: (Monday) 6, 9, 16, 23 |
| Friday (7:30pm-8:30pm) & Saturday (10:15am-11:15am) | April: 22/23, 29/30, May: 13/14, 27/28, June:10/11, 17/18 |

ADULT DIVING, AGES 14+: This program is open to all levels: beginner to experienced. Each 90-minute class consists of dryland including a group warm-up, tumbling, stretching, dryboard and trampoline. Diving skills off of the 1 and 3-meter springboards and access to all platform levels completes the last 45 minutes of class. If your goal is to dive from the 1-meter or leap off the 10-meter platform, we will help you get there!

COST FOR WHOLE SESSION (12-classes): \$300

| CLASS CHOICE | DATES |
|--------------------------|--|
| Wednesday: 5:30pm-7:00pm | April: 6, 13, 20, 27, May: 4, 11, 18, 25, June: 1, 8, 15, 22 |