

Summer Camps

Learn to Dive

with

Edmonton Springboard and Platform's



OLYMPIC DIVING



PROGRAM AT THE KINSMEN AQUATIC CENTRE

CANADA'S MOST POPULAR AND SUCCESSFUL LEARN TO DIVE CAMPS START JULY 4th

WITH PROGRAMS FOR ALL LEVELS AND AGES!

FREE CAMPS: These camps can be cash free to those who want to volunteer by fundraising at our bingos

LEARN TO DIVE WITH THE BEST

This program consists of a session of strengthening, stretching and physical conditioning, a session on trampolines with high repetitions of skills possible, then onto the dryland diving boards with landing mats for another session of high repetition springboard skills. After this the divers have an additional period in the water using diving boards ranging from ¼ meter, ½ meter, 1 meter and 3 metre learning to perfect their acrobatic skills.

Divers staying for ½ day and full day camps will go outside for the remaining class time and participate in sports, games, and activities.

The internationally acclaimed water softening "Bubble Machine" invented by our Head Coach is available to cushion the impact of any new dive not having a good entry into the water.

This curriculum and training system has allowed our club to win both Senior and Junior national team championships, place three club members on Canada's Olympic Team, win over 50 National Championship gold medals as well as Junior World and Commonwealth Games medals.

Cost of 1.5 hours/day Mon-Fri Diving Lesson- \$125.00 for one week (1.5 hours of instruction at either 9:30 – 11:00am or 1:00 – 2:30pm)

Cost of ½ Day Diving Camp (1.5 hours of instruction and the remainder spent outside engaging in games and activities: 9:00 - 12:00pm or 1:00 - 4:00pm) - \$155.00 for one week

Cost of Full Day Diving Camp (9:00- 4:00pm) - \$225.00 for one week



1988 and 2000

**Olympic Team Coach
Herb Flewwelling** and

his large staff of national and international level coaches provide a fun filled achievement oriented Learn-To-Dive curriculum with an eight badge system.

(780) 444-7301

www.espdive.com

info@espdive.com

