

# EDMONTON SPRINGBOARD & PLATFORM DIVING CLUB

## WINTER 2024 LEARN TO DIVE LESSONS

at THE KINSMEN SPORTS CENTRE (9100 Walterdale Hill)

or TERWILLEGAR REC. CENTRE (2051 Leger Road)

### REGISTRATION FORM: (please print)

Family Name:	First Name:	Date of Birth: YYYY/MM/DD
Age:                      Gender:	Father's Name:	Mother's Name:
No./Street:	City:	Postal Code:
Home Phone:	Cell:	Medical info
Primary Email:	Secondary Email:	AHC No.

Please indicate your 1st and 2nd choices in case your preferred day is not available. Registration is based on a first come, first served basis as the program is very popular. The following are the class times at the Kinsmen Sports Center (K) or Terwillegar Rec. Center(T).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> 4:45-6:15 (K - 10 wks)	<input type="checkbox"/> 5:00 – 6:30 (K - 11 wks)		<input type="checkbox"/> 5:00 – 6:30 (K - 10 wks)	<input type="checkbox"/> 5:15 – 6:45 (K - 10 wks)	<input type="checkbox"/> 10:30–12:00 (K – 10 wks)	<b>Not Available</b>
<input type="checkbox"/> 6:15 – 7:45 (K – 10 wks)	<input type="checkbox"/> 6:30 – 8:00 (K – 11 wks)	<input type="checkbox"/> 6:45 – 8:15 (K - 11 wks)	<input type="checkbox"/> 6:30 – 8:00 (K - 10 wks)	<input type="checkbox"/> 6:45 – 8:15 (K – 10 wks)	<input type="checkbox"/> 12:00– 1:30 (K - 10 wks)	
<input type="checkbox"/> 5:00 – 6:30 <a href="#">(T - 9 wks)</a>		<input type="checkbox"/> 5:00 – 6:30 <a href="#">(T - 9 wks)</a>		<input type="checkbox"/> 5:30 – 7:00 <a href="#">(T - 9 wks)</a>	<input type="checkbox"/> 2:00 – 3:30 <b>ADULT</b> (K - 10 wks)	
<input type="checkbox"/> 6:30 – 8:00 <a href="#">(T - 9 wks)</a>		<input type="checkbox"/> 6:30 – 8:00 <a href="#">(T - 9 wks)</a>				

This session at Kinsmen Sports Centre, we will be starting on Saturday, January 6<sup>th</sup> and will be offering a 10 or 11 week long program.

At Terwillegar Rec. Centre, we are offering a 9 week long program Mondays, Wednesdays, & Fridays starting on Monday, January 8<sup>th</sup>. (Monday & Wednesday is offered at two start times, if enrollment is low we will combine these class times).

Participants will be taught dive skills by nationally certified instructors who are or were themselves national diving competitors.

#### PROGRAM COSTS:

The cost is \$285.00 at Terwillegar for the 9 weeks of 1.5 hour lessons Monday, Wednesday, or Friday. At Kinsmen 10 weeks of 1.5 hour lessons is \$315.00 and 11 weeks is \$340.00.

\*There is an additional \$32 yearly insurance and registration fee paid to Diving Canada/Alberta Diving

\*Because our club also relies on bingo revenues to help keep the cost of the program affordable to everyone, we are looking for families to volunteer at bingos, which will help subsidize your cost of the Learn to Dive program. If you are interested in signing up for bingos please call the office for more information at 780 444-7301. Bingo credits range from \$65 to \$100.

**FAMILY AND MULTIPLE DAYS OPTION:** Full fees are charged for the first diver, 10% discount will be given to each additional family member. This discount also applies to the same child attending more than one day per week.

Each lesson 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 (at KSC) 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 meter learning to perfect their acrobatic diving skills. Report cards and badges will be issued during the session. You may also participate in recreational diving meets held throughout the season.

Email: [espdiver@telus.net](mailto:espdiver@telus.net)

Website: [www.espdiver.com](http://www.espdiver.com)

**MISSED CLASS POLICY:**

If a class has been missed due to illness, the diver may be able to make this class up at another time if space is available. In order for this to happen, the diver must first notify the office that they will not be able to participate in their regular lesson before their class has started. The diver can then arrange a make-up class by phoning the office at (780) 444-7301 or emailing to ensure there is a spot available on the day that they wish to do their make-up class. You will not be refunded for any missed classes.

**PAYMENT OPTIONS: (Please check the appropriate option)**

I will be paying by cash or cheque or E-transfer for the Kinsmen or Terwillegar session.

**Please find enclosed \$340.00 (11 weeks Kinsmen), \$315.00 (10 weeks Kinsmen) or \$285.00 (9 weeks at TCRC) \*Plus add the \$32 Ins/reg fee for a total of \$372 for 11 weeks, \$347 for 10 weeks, and \$317 for 9 weeks.**

I will be paying by E-transfer or post dated cheques for the Kinsmen or Terwillegar session. **The postdated option for 9 weeks at Terwillegar is \$132 dated currently + \$100 + \$95 cheques dated for Jan 15th and Feb 15** (Total of \$327 which includes a \$10 post dated cheque processing fee plus the \$32 ins/reg fee).

**10 weeks at Kinsmen \$142 + \$110 + \$105 for a total of \$357 including the \$32 ins/reg fee.**

**11 weeks at Kinsmen \$152 + \$120 + \$110 for a total of \$382 including the \$32 ins/reg fee.**

I am interested in subsidizing my fees by helping out at fundraising (bingos or a casino). For this option of payment, your fees cheque(s) must be received in full and will be cashed. Refunds will be issued once all bingos have been worked. **As well a \$100.00 "Performance Cheque" \* is required before signing up for bingos.** Please contact the office for more information regarding working bingos to subsidize your fees.

\*In the event that an individual fails to show up at a bingo, or cancels without a replacement within seven days of the bingo, a club fine of \$100.00 will be imposed as such an incident can result in a bingo association fine to our club or loss of a bingo event. Consequently an undated "Performance Cheque" for \$100.00 should be enclosed, which will not be cashed except in the case of such a penalty.

I AM AVAILABLE TO WORK DAYTIME BINGOS  (11am – 4:00 pm) OR  
EVENING BINGOS  (5pm – 10:00 pm) OR LATE  (5pm – 12am)

**CANCELLATION POLICY:**

There is no refund after the 5<sup>th</sup> class at either location. Prior to the 5<sup>th</sup> class, two weeks written notice will be required to receive a refund. Email will suffice for written notice. Children can attend classes during the two weeks following written notice of cancellation.

**REMEMBER FOR YOUR REGISTRATION TO BE COMPLETE, WE MUST HAVE**

- 1. Your cheque(s) for the 9, 10, or 11 week session (current + post dated cheques dated January 15 and Feb. 15, 2024).
- 2. Fundraising "Performance cheque" of \$100 (**only if you plan on working bingos**)

**(Please make cheques payable to E.S.P.D.C. or ESP Diving Club) E-transfers should be sent to espdive@telus.net**

I have read and understand my obligations indicated on the above form:

\_\_\_\_\_  
Signature of Parent/Guardian or diver if 18yrs or older

\_\_\_\_\_  
Date

**FOR MORE INFORMATION ABOUT THIS OR OTHER PROGRAMS OFFERED THROUGH THE EDMONTON SPRINGBOARD AND PLATFORM DIVING CLUB, OR TO REGISTER PLEASE CALL:**

**780 444-7301**

**Mailing address: 7 RIVER HEIGHTS DRIVE N.W. EDMONTON, ALBERTA, T6M 2R1 This form may also be dropped off at the Kinsmen Sports Centre in the drop box. (Please enquire about location)**

Email: [espdive@telus.net](mailto:espdive@telus.net)

Website: [www.espdive.com](http://www.espdive.com)