

Summer Camps

Learn to Dive

with

Edmonton Springboard and Platform's



OLYMPIC DIVING



PROGRAM AT THE KINSMEN AQUATIC CENTRE (9100 WALTERDALE HILL)

CANADA'S MOST POPULAR AND SUCCESSFUL LEARN TO DIVE CAMPS START JULY 3rd

WITH PROGRAMS FOR ALL LEVELS AND AGES!

FREE CAMPS: These camps can be cash free through 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) - \$250.00 for one week 1.5 hour instruction in the morning as well as the afternoon and the remainder spent outside with games and activities.



**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

REGISTRATION FORM: (PLEASE PRINT)

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

Diving experience: _____ Beginner (no previous lessons) _____ Beginner (some lessons)
 _____ Intermediate (indicate level passed) _____ Advanced (indicate level passed)

(Please CHECK which week(s) and RANK (1st, or 2nd) what time(s) you would like to attend)

	July 3-6* KINSMEN	July 9-13 KINSMEN	July 16-20 KINSMEN	July 23-27 KINSMEN	July 30-Aug 3 KINSMEN	Aug 7-10* KINSMEN	Aug 13-17 KINSMEN	Aug 20-24 KINSMEN	Aug 27-31 KINSMEN
9:30-11:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1:00- 2:30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1/2 Day AM 9:00-12:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1/2 Day PM 1:00-4:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Full Day 9:00-4:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*July 3-6 and August 7-10 are a 4 day week (Tuesday through Friday)

DROP OFF/PICK UP: Drop off is available at 8:30am/12:30pm for full or half day participants, pick up is available until 4:30pm (12:30pm if half day AM).

For 1.5 hour participants please arrive 10 minutes before the start of class and meet on the pool deck at the dive pool

PAYMENT: (Please check the appropriate box concerning payment options.)

I will be paying by cash or cheque. **Enclosed is cash or a cheque in the amount of \$** _____

- \$125.00 for the 1.5 hour instruction (*\$100.00 for the 4 day July 3-6 and Aug 7-10 camps)
- \$155.00 for the half day camp (*\$125.00 for the 4 day camp July 3-6 and Aug 7-10 camps)
- \$250.00 for the full day camp (*\$200.00 for the 4 day camp July 3-6 and Aug 7-10 camps)

THIS PROGRAM CAN BE FREE IF YOU VOLUNTEER AT OUR BINGOS!

I would like to work at bingo(s) to subsidize my fees. Full payment must be received prior to the start of the camp. (A \$100 performance cheque is needed to work at bingos which will be held as a bond and **will only be cashed in the event that you fail to work a scheduled bingo without 7 days notice.**)

Cancellation policy: Cancellation requests must be made in writing (email). Requests received up to 3 weeks prior to the start of the camp will receive a refund of fees less a \$50.00 administration fee. Cancellations after 3 weeks prior to the start of the camp will receive a 50% refund of fees. There are no refunds once the camp starts.

Please make cheques payable to Edmonton Springboard and Platform Diving Club (E.S.P. Diving Club)

Address: E.S.P. Diving Club, 7 River Heights Drive N.W. Edmonton, Alberta T6M 2R1

I have read and agree to the terms of registration: _____
SIGNATURE OF PARENT OR GUARDIAN DATE

*******All programs will be filled on a first come - first serve basis*******

For more information about this or other programs offered through the **EDMONTON SPRINGBOARD AND PLATFORM DIVING CLUB**, OR TO REGISTER PLEASE EMAIL THE CLUB OFFICE: **info@espdiver.com**