Summer Camps Learn to Dive

Edmonton Springboard and Platform's



PROGRAM AT THE KINSMEN AQUATIC CENTRE

CANADA'S MOST POPULAR AND SUCCESSFUL LEARN TO DIVE CAMPS START JULY 2nd
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 $\frac{1}{4}$ metre, $\frac{1}{2}$ metre, 1 metre and 3 metre learning to perfect their acrobatic skills.

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. As well delayed replay video units are available for feed back and analysis.

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.

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.

Cost of 1.5 hours/day Daily Diving Lesson- \$160.00 for one week Monday – Friday 9-10:30am or 1-2:30pm (other times may be available)

Cost of $\frac{1}{2}$ Day Diving Camp (9:00 - 12:00pm or 1:00 - 4:00pm) - $\frac{$185.00 \text{ for one week Monday - Friday}}{1.5 \text{ hours of instruction plus other activities outdoors, etc.}}$

Cost of Full Day Diving Camp (9:00 - 4:00pm) - \$350.00 for one week, with 1.5 hours of instruction in the morning and afternoon as well as outdoor activities.

(780) 444-7301

www.espdive.com

info@espdive.com

REGISTRATION FORM: (PLEASE PRINT)

Family Name:			Child's Fir	Child's First Name:			Date of Birth: YYYY/MM/DD		
Age: Gender:			Father's N	Father's Name:			Mother's Name:		
No./Street:			City:	City:			Postal Code:		
Home Phone	e:		Cell:	Cell:			Alt. No:		
Mother's Em	nail:		Father's E	Father's Email:			AHC No.		
		Intermedia	te (indicate	essons) level passed) what time(s) y	A	dvanced (inc			
	July 2-5* KINSMEN	July 8-12 KINSMEN	July 15-19 KINSMEN	July 22-26 KINSMEN	July 29-Aug 2 KINSMEN	Aug 6-9* KINSMEN	Aug 12-16 KINSMEN	Aug 19-23 KINSMEN	
9:00-10:30									
1:00- 2:30									
1/2 Day AM 9:00-12:00									
1/2 Day PM 1:00-4:00									
Full Day 9:00-4:00									
PAYMENT: (Please check the appropriate box concerning payment options.) I will be paying by cash or cheque or e-transfer. Enclosed is cash or a cheque in the amount of #If sending an e-transfer please send it to: Espdive@telus.net * \$160 for 1 week (*\$130 for the July 2-5 & Aug 6-9 - 4 day camps) for the 1.5 hour instruction camps * \$185 per week for the half day camp (*\$150 for the 4 day camps) * \$350 for the full day weekly camp (*\$280 for the 4 day 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.) 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 Cancellation Policy: Cancellation requests must be made in writing. Requests received up to 3 weeks prior to the start of									
the camp will red	II receive a ref ceive a 50% r	fund of fees le efund of fees	ess a \$50 reg . There are n	istration fee. Co o refunds once	ancellations aff	ter 3 weeks p	orior to the sta	rt of the	
I have read and agree to the terms of registration: SIGNATURE OF PARENT OR GUARDIAN *****All programs will be filled on a first come - first serve basis*****									
	****	*All program	ne will he fi	lled on a first	come - first	carva hacic	****		

For more information about this or other programs offered through the **EDMONTON SPRINGBOARD AND PLATFORM DIVING CLUB** OR TO REGISTER PLEASE CONTACT THE CLUB OFFICE AT: **info@espdive.com www.espdive.com** (780) 444-7301