

# EDMONTON SPRINGBOARD & PLATFORM DIVING CLUB

## FALL 2026 LEARN TO DIVE LESSONS

at THE KINSMEN SPORTS CENTRE (9100 Walterdale Hill)  
or TERWILLEGAR REC. CENTRE (2051 Leger Road)

### REGISTRATION FORM: (please print)

|               |         |                  |                              |
|---------------|---------|------------------|------------------------------|
| Last Name:    |         | First Name:      | Date of Birth:<br>YYYY/MM/DD |
| Age:          | Gender: | Father's Name:   | Mother's Name:               |
| No./Street:   |         | City:            | Postal Code:                 |
| Phone:        |         | Alternate Phone: | Medical info                 |
| Parent 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<br>(K - 12 wks)   | <input type="checkbox"/> 5:00 – 6:30<br>(K - 12 wks) | <input type="checkbox"/> 6:45 – 8:15<br>(K - 12 wks) | <input type="checkbox"/> 5:00 – 6:30<br>(K - 12 wks) | <input type="checkbox"/> 5:15 – 6:45<br>(K - 12 wks) | <input type="checkbox"/> 10:30–12:00<br>(K - 12 wks)                 | <b>Not Available</b> |
| <input type="checkbox"/> 6:15 – 7:45<br>(K - 12 wks) | <input type="checkbox"/> 6:30 – 8:00<br>(K - 12 wks) | <input type="checkbox"/> 5:00 – 6:30<br>(T - 11 wks) | <input type="checkbox"/> 6:30 – 8:00<br>(K - 12 wks) | <input type="checkbox"/> 6:45 – 8:15<br>(K - 12 wks) | <input type="checkbox"/> 12:00– 1:30<br>(K - 12 wks)                 |                      |
| <input type="checkbox"/> 5:00 – 6:30<br>(T - 11 wks) |                                                      | <input type="checkbox"/> 6:30 – 8:00<br>(T - 11 wks) |                                                      | <input type="checkbox"/> 5:30 – 7:00<br>(T - 11 wks) | <input type="checkbox"/> 1:30 – 3:00<br><b>ADULT</b><br>(K - 12 wks) |                      |
| <input type="checkbox"/> 6:30 – 8:00<br>(T - 11 wks) |                                                      |                                                      |                                                      |                                                      |                                                                      |                      |

This session at Kinsmen Sports Centre, we will be starting on Saturday, September 19<sup>th</sup> and will be offering a 12 week long program.

At Terwillegar Rec. Centre, we are offering an 11 week long program Mondays, Wednesdays, or Fridays starting on Monday, September 21<sup>st</sup>.

As some classes are offered at multiple start times we will combine times if enrollment is low.

#### PROGRAM COSTS:

Kinsmen 12 week: \$375\*

Terwillegar 11 week: \$340\*

\*There is an additional \$38 yearly insurance and registration fee paid to Diving Canada/Alberta Diving (valid Sept 1, 2026-Aug 31, 2027).

**FAMILY AND MULTIPLE DAYS OPTION:** Full fees are charged for the first diver and 20% discount on class fees will be given to each additional family member. This discount also applies to the same child attending more than one day per week.

**FREE CLASSES!** These classes can be cash free to those who want to volunteer at our bingos!

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 Learn to Dive fees. If you are interested in signing up for bingos please contact the office for more information. Bingo credits are \$70 for an afternoon or evening and \$105 for late night or Parkway afternoon.

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.

**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 contacting the office to ensure there is a spot available on the day that they wish to do their make-up class. Participants 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 \$375\* (12 weeks at Kinsmen) or \$340\* (11 weeks at Terwillegar). \*Plus add the \$38 ins/reg fee for a total of \$413 for 12 weeks or \$378 for 11 weeks.**

☐ I will be paying by post dated E-transfer or post dated cheques for the Kinsmen or Terwillegar session.

• **12 weeks at Kinsmen is \$163 dated currently + \$130 dated for October 1 + \$130 dated for November 1** (total of \$423 which includes a \$10 post dated processing fee plus the \$38 ins/reg fee).

• **11 weeks at Terwillegar is \$158 dated currently + \$115 dated for October 1 + \$115 dated for November 1** (total of \$388 which includes a \$10 post dated processing fee plus the \$38 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 must be received in full and refunds will be issued once all bingos have been worked. As well, a \$150 "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 \$150.00 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 \$150.00 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. Filled out registration form.
2. Full payment for the class OR your cheques for the session (current + post dated cheques dated October 1 and November 1).

**E-transfers should be sent to [espdiver@telus.net](mailto:espdiver@telus.net).**

3. Fundraising "Performance cheque" of \$150 (**only if you plan on working bingos**)  
(Please make all cheques payable to E.S.P.D.C. or ESP Diving Club).

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 PLEASE CALL:**

**780 444-7301**

**Completed registration forms can be emailed to [espdiver@telus.net](mailto:espdiver@telus.net)**

***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 Sport for Life drop box near the front desk. (Please enquire about location)***