

What:

Learn to Dive!

Whether you dream to be in the Olympics or just want to have some fun, the Forest City Diving Club has a program that is right for you.

Our 'Learn-to-Dive' is a recreational program designed to introduce novices of all ages to the enjoyment of the sport of diving - flipping and twisting into a refreshing pool – all in a fun and safe environment.

Each session includes stretching & aerobic warm-ups, diving specific trampoline & gymnastic training and step-by-step instruction in proper Olympic diving form and technique from the 1 & 3 metre springboards and maybe even from the towers 5 , 7.5 & 10 metre towers.

Where:

Canada Games Aquatic Centre

World Class Facilities located at 1045 Wonderland Road North, London, Ontario

Who:

All ages & abilities!

There is no set minimum age or swimming level prerequisite - although participants should be comfortable swimming in deep water. Depending upon their maturity and physical conditioning, even children 5 or 6 years old can do very well. We also offer beginner, intermediate and advanced lessons depending on the diver's skill level and prior experience.

In appropriate circumstances, our coaching staff may invite a diver in the recreational program to consider advancing to a more competitive program. Such a transition would involve training more often and more intensely and will accelerate the diver's progress. If your child is interested in a more intensive diving program, please make this known to the coaching staff.

When:

Choose the day & level that's best for you.

We offer fall, winter and spring sessions running from September to June. Classes are one hour long and run everyday of the week, except Sunday.

Monday Wednesday & Friday 4:45 – 5:45PM; Tuesday & Thursday 5:00 - 6:00; Fridays 6:15 - 7:15PM; Saturdays 9:00, 10:00 or 11:00AM

How much:

\$200 per session

For more information & to register:

519.872.9799

www.ForestCityDiving.com

