

**What:** *The most amazing camp in town!*

Olympic diving & trampoline training and a variety of special activities each daily.

**Who:** *Children Ages 6 – 14 & Able to Swim*

Coaching Staff – Former Olympian  
Fully certified NLS & NCCP

**When:** *Monday – Friday | 8:30AM – 5:00PM*

Week 1 - July 20 – July 24

Week 2 – July 27 – July 31

Week 3 – August 10 – August 14

Week 4 – August 17 – August 21

**Where:** *Canada Games Aquatic Centre*

1045 Wonderland Road North, London

**Cost:** *\$195/week*

**What to Bring:**

Bathing Suit, *Towel*, T-Shirt & Shorts or  
*Gym Suit*, Running shoes, *Lunch* & Snacks

#### Approximate Schedule:

- 8:30 – 9:00 Drop-Off
  - 9:00 – 9:30 Warm-up, Stretching & Pool Safety
  - 9:30 - 11:30 Springboard & Tower Diving
  - 11:00 - 11:30 Change, Snack & Outdoor Playtime
  - 11:30 - 1:00 Lunch, Free Time, Rest & Relax
  - 1:00 - 2:30 Gymnastics & Trampoline
  - 2:30 - 3:00 Snack & Free Time
  - 3:00 - 4:00 Gymnastics, Trampoline & Special Daily Activities (Arts, Crafts, Games)
  - 4:00 – 4:30 Pick up
- (Please pick up on time. Late fees will apply.)**

[www.ForestCityDiving.com](http://www.ForestCityDiving.com)

[519] 872-9799

This Super Summer Camp is designed to introduce young people to the ever popular Olympic sports of Diving and Trampoline in a fun & safe environment.

Participants will learn proper techniques on the 1 & 3 metre diving boards & perhaps even the towers at the Canada Games Aquatic Centre supervised by The Forest City Diving Club's head coach, former World Championship & Olympic divers, Ioana Marinescu and Luda Zakharenko.

To get a true taste of what it takes to be an Olympic champion, each member will have the opportunity to participate in more advanced training which may include the use of trampolines, spinning & twisting apparatus, "dryboard", weights and a variety of mats & other fitness equipment.

When it is time to take a break, we have a variety of special activities including outdoor treks, arts & crafts & movies to keep the children entertained.



[www.ForestCityDiving.com](http://www.ForestCityDiving.com)

[519] 872-9799

...evolution of champions.

**Dive!**  
**Trampoline**  
**Summer**  
**Fun!**

Forest City Diving Club

Forest City Diving Club

**Summer Camp**