

Dive Training



DiveKids Day Camp

The **DiveKIDS** summer camp is a diving oriented day camp for children ages 6 -12. Campers may attend by the half-day or opt for the entire week. The focus of camp activities includes: coordination, fitness, flexibility and basic tumbling to cultivate a skill set conducive to diving. The class is divided into two sections. The first is approximately 60-75 minutes of training on mats, trampoline, dry-mounted spring board and "crash" mat and belt systems. The second 60-75 minutes is in the water becoming comfortable with height and familiar with jumping positions. Swimming is required for participation in this class.

When: Monday - Friday 9:30 am-3:30 pm. Half days: 9:30 am-12 pm or 1 pm-3:30 pm.

Weeks: June 12-16 / June 19-23 / July 5-7 (3 day week due to the holiday)
July 10-14 / 17-21 / July 31- August 4 / August 7-11 / August 14-18

Fees: • Week: \$200 • Full Day: \$40 • Half day: \$25

Needed to bring: 1-2 towels (and a shammy if you have one) • 1-2 swimsuits (one-pieces for girls) • dryland (athletic) clothes • tennis shoes/sneakers • sunscreen • water bottle • lunch (full-day only), and a snack

Middle School/ High School Camp

This day camp is for older and/or more experienced divers and accommodates a wide range of skill levels and athletes: from those who wish to learn new dives for high school competitions and stay fit to those who are more focused on gaining the skills necessary to become eligible for our team level of training.

When: Mondays - Friday 9 am-3 pm • Half days: 9 am-11:30 am or 12:30 pm - 3 pm.

Weeks: • June 12 -16 • June 19 - 23 • July 17 -21 • July 5 - 7*
• July 10-14 • July 31 - Aug 4 • Aug 7 - 11 • Aug 14 - 18

Fee: • Week: \$200 • Day: \$40 • Half day: \$25

Needed to bring: 1-2 towels (and a shammy if you have one) • 1-2 swimsuits (one-pieces for girls) • dryland (athletic) clothes • tennis shoes/sneakers • sunscreen • water bottle • lunch (full-day only), and a snack



Camps will close when full. If available, participation must be reserved 1-week in advance.

