

# LEARN TO DIVE

## Private Diving Lessons



**NEW PROGRAM**

### ABOUT DIVING LESSONS:

Beginner springboard diving lessons are meant to teach students the basics and safety of springboard diving. Students do not need previous knowledge of diving or have a gymnastics background; a gymnastics background is very helpful, but not required. During these 45-minute sessions, one of our instructors will work with participants one-on-one on panel mats and in the water, practicing the basic skills needed to use the springboard. **These lessons are ideal for ages 5+**

### REQUIREMENTS

- Students are able to enter and exit the deep end of the pool without struggle
- Students can return to the water's surface after jumping into the deep end
- Students are able to swim, hold their breath, and tread water in the deep end (without goggles)
- **Goggles and nose plugs are not permitted to be used during lessons**
- Students are comfortable with jumping off the diving board (independently)
- Students should bring 1 or 2 of their own towels

## DIVING LESSON REQUEST FORM

**Participant's Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_



Follow the QR code for details and to download our request form!

Once you submit your request, you will be contacted by the Aquatic Manager to discuss availability and will then be paired with a diving coach. Private lessons do not have set days or times, so we try our best to work with each participant's schedule. Please note, that there may be a waitlist for lessons.

### 💰 Pricing:

- \$105** for 4 private sessions (members)
- \$115** for 4 private sessions (non-members)
- Sessions are 45 minutes each**

### Questions?

Contact Brad Weaver, [bradw@fivepointswashington.org](mailto:bradw@fivepointswashington.org)

### Our Diving Coaches hold the following Certifications:

- Lifeguard Certification
- Lifeguarding with CPR/AED for the Professional Rescuer
- Certification in First Aid
- Certification for Completion: Coaching Diving
- Certification of Completion: Concussion In Sports