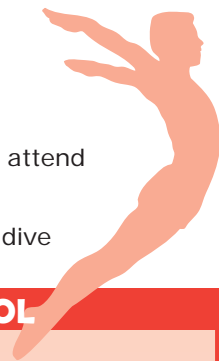


WINDY CITY DIVING



Diving Tryouts

Tryouts for divers with previous experience but not sure which level team to sign up for should attend this brief tryout. It will be held on June 14 at Birchwood Pool from 9:00 am to 10:00 am.

Individuals who have never taken a formal diving lesson should skip the tryout and register to dive in the Red Level.

Lessons

Beginning & Advanced Beginning Learn to Dive

These classes are an introduction to the sport of springboard diving. The 4 class sessions are 45 minutes in length and are designed to teach the safe and proper way to use the springboard. Any individual 8 years and older who has an interest in diving and can swim comfortably in the deep water and do a head first entry off the side of the pool can join this class. Students will be taught a forward approach and back press to begin with. They will progress to forward and back dives as well as other skills as time and ability permits. This group is limited to 8 divers per session.

House Team

Blue House Team

This group of divers has been recommended to move up from the Red lessons group or have been placed in group from a scheduled tryout. This group has a continued interest in learning more dives and in developing a passion for the sport. They are not yet ready to compete on the Blue or Travel Team but want to get involved in local skill level competitions. Divers in this group should be able to successfully complete a front dive, back dive, and a front flip. Divers will be able to compete in local dive meets and are expected to become members of AAU Diving before joining. This group will meet 4 days a week for 90 minutes per session. The team is limited to 12 members.

All members are required to be members of AAU (\$14). Memberships are renewed once a year.

Travel Team

Gold Travel Team

This group of divers is selected by coach recommendation or through placement at a scheduled tryout. Divers in this group have a strong passion to improve their diving abilities and want to take their training to the next level. These divers also have a desire to compete. Divers will train and compete on both 1 and 3 meter boards. They are required to compete in all Illinois Diving Association meets and regional competitions. This group meets 5 days a week for 2.5 hours per session. Members must become registered members of AAU and USA Diving organizations prior to attending their first practice. This team is limited to 14 members.

All members are required to become members of AAU (\$14) and USA Diving as Competitive Gold Level members (\$75). Memberships are renewed once a year.

BIRCHWOOD POOL

Beginning Learn to Dive

Fee: \$40 R/\$60 NR

Min/Max: 4/8

Prog #	Dates	Day	Time
7400-2	6/14-6/17	M-Th	11:15 am-12:00 pm
7401-2	6/21-6/24	M-Th	11:15 am-12:00 pm
7402-2	7/6-7/9	Tu-Fr	11:15 am-12:00 pm
7403-2	7/12-7/15	M-Th	11:15 am-12:00 pm
7404-2	7/19-7/22	M-Th	11:15 am-12:00 pm
7405-2	7/26-7/29	M-Th	11:15 am-12:00 pm

Blue House Team

Fee: \$300 R/\$400 NR

Min/Max: 7/12

Prog #	Dates	Day	Time
7406-2	6/14-7/29	M-Th	5:00-6:30 pm

Gold Travel Team

Fee: \$400 R/\$500 NR

Min/Max: 9/14

Prog #	Dates	Day	Time
7407-2	6/14-7/29	M-F	9:00-11:30 am

EAGLE POOL

Beginning Learn to Dive

Fee: \$40 R/\$60 NR

Min/Max: 4/8

Prog #	Dates	Day	Time
7408-2	6/14-6/17	M-Th	9:00-9:45 am
7409-2	6/14-6/17	M-Th	9:45-10:30 am
7410-2	6/21-6/24	M-Th	9:00-9:45 am
7411-2	6/21-6/24	M-Th	9:45-10:30 am
7412-2	7/6-7/9	Tu-Fr	9:00-9:45 am
7413-2	7/12-7/15	M-Th	9:00-9:45 am
7414-2	7/19-7/22	M-Th	9:00-9:45 am
7415-2	7/26-7/29	M-Th	9:00-9:45 am

Advanced Beginning Learn to Dive

Fee: \$50 R/\$75 NR

Min/Max: 4/8

Prog #	Dates	Day	Time
7416-2	7/6-7/9	Tu-Fr	9:45-10:30 am
7417-2	7/12-7/15	M-Th	9:45-10:30 am
7418-2	7/19-7/22	M-Th	9:45-10:30 am
7419-2	7/26-7/29	M-Th	9:45-10:30 am

Blue House Team

Fee: \$300 R/\$400 NR

Min/Max: 4/12

Prog #	Dates	Day	Time
7420-2	6/14-7/29	M-Th	5:00-6:30 pm