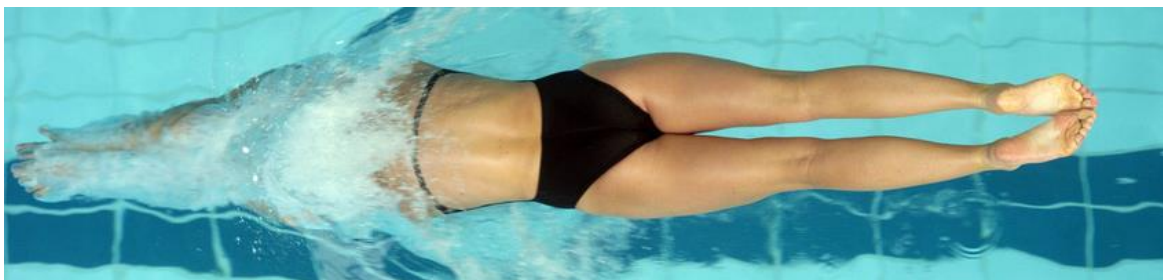


Diving Program

This class teaches spring board diving to beginner and intermediate divers. Basic swimming ability required and participant must be able to dive headfirst from the side of the pool. The class emphasizes approach and takeoff, basic positions and the different competitive categories. Monday lessons (up to 3 students per class) will offer individualized training.

Group Diving Lessons

Who: 8 - 16 Years
Location: Rusch Park Pool
Days: Tue / Wed / Thurs
Dates: 8/9 - 8/25
Code: [6321.203](#)
Time: 4:30pm - 5:30pm
Cost: \$100



For more information contact Becky at bherz@sunriseparks.com or 725-0185

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(916) 725-2541 fax

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