

Instructors  
are  
**U.S. SAFETY  
CERTIFIED**

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# Crown Valley Divers

## Springboard Diving Instruction

Open to Boys & Girls 5 Years & Older

**60 Minute Classes / 2 Days a Week**

Session 1	June 12 - 23	Session 5	Aug 7 - 18
Session 2	June 26 - July 7	Session 6	Aug 21 - Sept 1
Session 3	July 10 - 21	Session 7	
Session 4	July 24 - Aug 4	Session 8	

**2 Days a Week for 2 Weeks | Tuesdays & Thursdays Wed & Fri**

PM Classes	4:15-5:15	5:45 - 6:45	
AM Classes*	9:00-10:00	10:00-11:00	11:00-12:00

(\*Morning Classes begin after June 12)

### Laguna Niguel Aquatic Center, Laguna Niguel

Divers will gain confidence and self-esteem while receiving instruction on conditioning, flexibility, body control, forward and backward approaches, water entries and basic dives. Divers who wish to become members of the Crown Valley Diving Team will work on necessary dives required for competition from novice to Junior Olympic levels. All summer lesson divers qualify to participate in our (optional) **Lesson Dive Meet/Team tryouts August 11**

Please mail completed registration form and check for \$75 payable to Crown Valley Divers. If classes are full, your check will be returned. Registration is on a "First Received" basis. A \$25 U.S. Diving registration fee for insurance is due at the first class meeting.



## Trampoline Classes

Learn the basics of trampoline and jump start your fitness with fun! Whether you have a backyard trampoline or enjoy trampoline parks for recreational entertainment, the more you know the more fun you have. Learn beginning trampoline to more advanced twists, flips, and revolutions while getting a full body workout. We also use rigging and twisting belts to assist in learning new skills. Ages 5 and up.

Classes are set by skill level and age.

Adult classes and private lessons available.

**Great for Cheerleaders and Snowboarders**

Classes are filled on a "first received" basis.

If classes are full you will be placed on a wait list.

Class cost is \$60 for four classes. A \$25 registration fee for insurance is due at the first class meeting.

Student's Name \_\_\_\_\_

Age \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Any gymnastics experience  Yes  No

If yes, for how long? \_\_\_\_\_

Session \_\_\_\_\_ Time \_\_\_\_\_