



SPRING 2022 INTRO DIVING CLASS



**DIVING CLASS TAUGHT BY
SANTA CRUZ NATIVE AND 2008 OLYMPIAN ARIEL RITTENHOUSE**

**APRIL 12TH – MAY 18TH
TUESDAYS 5:15-6:00**

Ages 6 – 14 are welcome

Classes are limited to 8 spots. Reserve your spot today!

The La Madrona Intro to Diving Class will teach children the fundamental skills necessary to be successful in the sport of diving. The six week program will build upon skills each week in a fun and safe manner. Kids will learn the proper arm patterns, body positions, and entry techniques that Olympic divers use. The only equipment needed is a bathing suit, sunscreen, and a towel. Ages 6 to 14 welcome. This is a great opportunity for kids to learn to dive into the pool safely and with confidence. The class will be 45 minutes long, once a week.

Sign up by completing the registration form below and return to La Madrona Athletic Club.

Members may enroll online at www.lamadronaclub.com. Registration will begin on Monday, August 2nd online at 10am. Non-members can sign up on Monday, August 9 at 10am in person at the pool area. After that registrations or questions can be made directly to the Aquatics Director at 831-438-1072 ext 104 or kgorham@caclubs.com.

FEES:

\$108.00 (\$130.00 for non-members)

REGISTRATION FORM FOR Spring 2022 DIVING CLASS

Athlete's Name _____ Age: _____

Parent's Name(s) _____ Member ☐ Yes ☐ NO

Parent's Phone and Email _____

Emergency Contact Name and Number (other than parent) _____

NON-MEMBER USE POLICY: Because La Madrona is a private club, non-members visiting the club for programming are not allowed use of the facility outside of their paid programming. Please wait for your class to begin before using the facility. Thank you.

Internal Use: Paid Date _____

Initial _____

Roster _____