



LAMADRONA
ATHLETIC CLUB



SPRING 2025 INTRO DIVING CLASS

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

TUESDAYS/THURSDAYS 5:15 - 6:00PM

Session 1: APRIL 15TH - MAY 1ST | Session 2: MAY 6TH - MAY 22ND

Ages 6 - 14 are welcome. Classes are limited to 8 spots. Reserve your spot today!

The Intro to Diving Class teaches the fundamental skills necessary to be successful in the sport of diving. Each week the course builds upon the skills while being safe and having fun. Participants learn the proper arm patterns, body positions, and entry techniques that Olympic divers use. Ages 6 to 14 welcome. This is a great opportunity for kids to learn to dive into the pool safely and with confidence. This spring we will be offering two 3-week sessions of the class.

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, February 26th online at 10am. Non-members can sign up on Monday, March 4th. After that registrations or questions can be made directly to the Aquatics Director at 831-438-1072 ext 104 or kgorham@caclubs.com.

\$109.00 (\$131.00 for non-members)

REGISTRATION FORM FOR SPRING 2025 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.

*Program Withdrawal/Makeup Policies: Registration selections may only be altered within the first of programming for a club credit. If a class is missed, makeups are not guaranteed. However, makeups will be granted if space allows in other days in that session of programming.

Internal Use:	Paid Date	Initial	Roster
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