

# FALL 2018 Intro Diving Class



Diving class taught by Santa Cruz native  
and 2008 Olympian Ariel Rittenhouse

## August 28th – October 2nd, 2018 Tuesdays 5:15-6:00\*

Ages 6 – 14 are welcome

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

\*Based on demand, we may also offer a 2nd class from 6:15-7pm.

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](http://www.lamadronaclub.com), under the Aquatics page.

Please contact the Club at 831.438.1072 for questions with member online enrollment or e-mail [lmacaquatics@caclubs.com](mailto:lmacaquatics@caclubs.com).

FEES:

\$90.00 (\$112.00 for non-members)

### REGISTRATION FORM FOR FALL 2018 DIVING CLASS

Athlete's Name \_\_\_\_\_ Age: \_\_\_\_\_  
Parent's Name(s) \_\_\_\_\_ Member# \_\_\_\_\_  
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 \_\_\_\_\_