

Introduction to Springboard Diving!

Option 1: Mon, March 20th, 6-8pm
or

Option 2: Sat, March 25th, 9-11am

Location: Augustus Brown Swimming Pool

\$20

(Course content will be the same each session,
but participants are welcome to sign up for both)

Requirements:

- Must be 11-14 years old or 6-8th grade
 - Must be able to swim 25 yards
- Comfortable jumping off the diving board

Goals:

- Basic stretching
- Proper front and back approaches on the board
 - Proper form in the air and on the entry
 - Building confidence
- Basic diving terminology

(Pace of class will be dependent on overall participants progression)

Registration begins at 6am on March 13th, 2017 in person at Augustus Brown Swimming Pool or online at juneaupools.org

Augustus Brown Swimming Pool
1619 Glacier Ave., Juneau, AK 99801
(907) 586-5325

