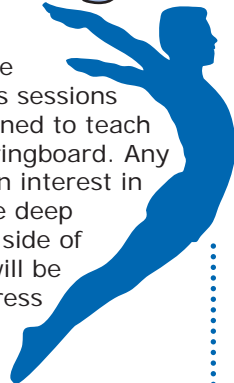


Windy City Diving

Lessons - Learn to Dive

These classes are an introduction to the sport of springboard diving. The 5 class sessions are 60 minutes in length and are designed to teach the safe and proper way to use the springboard. Any individual 8 years and older who has an interest in diving and can swim comfortably in the deep water and do a head first entry off the side of the pool can join this class. Students will be taught a forward approach and back press to begin with. They will progress to forward and back dives as well as other skills as time and ability permits. This group is limited to 8 divers per session.



House Team

Blue House Team

This group of divers has been recommended to move up from the Red lessons group or have been placed in group from a scheduled tryout. This group has a continued interest in learning more dives and in developing a passion for the sport. They are not yet ready to compete on the Gold or Travel Team but want to get involved in local skill level competitions. Divers in this group should be able to successfully complete a front dive, back dive, and a front flip. Divers will be able to compete in local dive meets and are expected to become members of USA Diving Competitive Blue Level (\$20). This group will meet 2 days a week for 75 minutes per session. The team is limited to 12 members.

Travel Team

Gold Travel Team

This group of divers is selected by coach recommendation or through placement at a scheduled tryout. Divers in this group have a strong passion to improve their diving abilities and want to take their training to the next level. These divers also have a desire to compete. Divers will train and compete on meter boards. They are required to compete in all Illinois Diving Association meets and regional competitions. This group meets 2 days a week for 2 hours per session. Members must become registered members of USA Diving Competitive Gold Level (\$75) organizations prior to attending their first practice. This team is limited to 12 members.



REGISTER NOW! NOT PART OF THE LOTTERY.

Water Polo

High School Water Polo (Male & Female)

Age: 14 - 18 years

Dates: November 30 - February 24
no class 12/21, 12/23, 12/28, 12/30, 1/20

Instructors: Jon DelPrado & Raymond Roth

Location: Fremd High School
1000 S. Quentin Road, Palatine

Min/Max: 8/40

Prog #	Day	Time	Fee
7608-4	T/Th	8:00-10:00 pm	\$110 R/\$165 NR

Beginning Learn to Dive Lessons

Location: Palatine High School
1111 Rohlwing Road, Palatine

Min/Max: 3/8

REGISTER NOW! NOT PART OF THE LOTTERY.

Dates: November 29 - January 10
no lesson 12/20, 12/27

Prog #	Day	Time	Fee
7400-4	Mon	7:00-8:00 pm	\$50 R/\$75 NR

Dates: January 24 - February 14

Prog #	Day	Time	Fee
7401-4	Mon	7:00-8:00 pm	\$40 R/\$60 NR

REGISTER NOW! NOT PART OF THE LOTTERY.

Advanced Learn to Dive Lessons

This class is designed for the diver who has been recommended from the beginning diving lesson. If divers have come from a different program, or have had no formal instruction, the diver should be able to successfully execute a front approach, back approach, front dive, and back dive.

Dates: November 30 - February 22
no lesson 12/21, 12/28

Location: Fremd High School
1000 S. Quentin Road, Palatine

Min/Max: 3/8

Prog #	Day	Time	Fee
7402-4	Tue	7:00-8:00 pm	\$110 R/\$165 NR

REGISTER NOW! NOT PART OF THE LOTTERY.

Competitive Diving Team

All members are required to be members of USA Diving. Memberships are renewed once a year from September 1, 2010 to August 31, 2011.

Blue Competitive Diving Team (House Team)

Dates: November 29 - February 23
no class 1/17, 1/19, 1/24, 2/21

Location: Fremd High School
1000 S. Quentin Road, Palatine

Min/Max: 6/12

Prog #	Day	Time	Fee
7403-4	M/W	7:15-8:30 pm	\$200 R/\$300 NR

Gold Competitive Diving Team (Travel Team)

Dates: November 30 - February 24
no class 1/20

Location: Palatine High School
1111 Rohlwing Road, Palatine

Min/Max: 6/14

Prog #	Day	Time	Fee
7404-4	T/Th	7:00-9:00 pm	\$275 R/\$375 NR

Join our Email List at

www.palatineparks.org

Get updates on registration dates, events, special programs, and more!