

Intro To Diving



For those of you that may be interested in competitive Diving, this program is for you. Come learn the basics of diving and enjoy the opportunity to “fly through the air” off a diving board. Emphasis will be on developing an understanding of the finer moves of jumping of the board, body awareness through the air and the fundamentals of completing various flips and twists.

Days: Mondays and or Thursday

Time: 5:00pm – 6:30pm

Dates: October 16 – November 16, 2017

Location: Shepaug High School Pool

Fee: \$100

Coach: Dani Core

Contact Bill Houle at houlebill@gmail.com with questions or to register

Sponsored by the Washington Recreation Department and the Litchfield Recreation Department in conjunction with Shepaug Valley School, Litchfield HS and Wamogo HS.