

SPRINGBOARD DIVING CLASS

Come learn the basic fundamentals of springboard diving in a fun and exciting environment this summer! Divers will learn the core skills needed for the successful and safe execution of many different dives. In addition, divers can expect increased flexibility, focus, strength, balance, and aerial awareness. Each lesson focuses on teaching the foundation of the sport in a safe, nurturing, and fun environment. Divers will have the opportunity to challenge themselves and learn skills that will last a lifetime!

SESSION 1:

June 14, 16, 21, 23

8 - 9 AM: Ages 10 Under

9 - 10 AM: Ages 11 and Up

SESSION 2:

July 12, 14, 19, 21

8 - 9 AM: Ages 10 Under

9 - 10 AM: Ages 11 and Up

\$100

Per session. Practices are one hour long, maximum 10 divers per class.

ABOUT THE COACH

Melisa is a 3-time US Diving Senior National Champion 94 1M and 3M, and 95 3M, 95 Pan American Games Silver Medalist, 96 Olympic Trails Champion, 4th place in the Women's 3M event at the 1996 Olympic Games, North Florida Diving Head Coach and UNF Diving Coach.



EAGLE HARBOR

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FOR MORE INFO PLEASE CALL MELISA HYAMS: (904) 635-5217