



## Swim-Gym-Dive Fall 2011 Session

3 sports-in-one



**Start date:** Saturday, Jan 7<sup>th</sup>, 2012  
**End date:** Saturday, Mar 17<sup>th</sup>, 2012  
**Duration:** 8 weeks; **Cancellations:** Sat Feb 4<sup>th</sup>, 25<sup>th</sup> & Mar 3<sup>rd</sup>

**Location:** Lawson Aquatic Centre, 1717 Elphinstone Street

**Description:** Improve your child's physical fitness, body awareness, flexibility, strength, speed and coordination through training in gymnastics, swimming, and diving. Participation in sport not only increases your child's understanding of fitness but also improves their listening skills, concentration, social skills and self-confidence.

**Gymnastics** - Basic gymnastics including flexibility, tumbling & trampoline  
Focus: Fitness, Coordination, Flexibility, Strength, Awareness, and Balance

**Swimming** - Basic swimming training  
Focus: Aerobic fitness & Strokes

**Diving** - Springboard diving instruction  
Focus: Diving, Safety, Coordination, and Spatial orientation

**Age groups:** 5-7 years old Sat: 9:00am-10:30am  
8-10 years old Sat: 10:00am-11:30am  
Maximum of 8 children per class

**Cost:** **\$160.00**

**Registration:** Pre-register by e-mail to [linh.rdc@hotmail.ca](mailto:linh.rdc@hotmail.ca) to reserve a spot for your child, print registration form and mail with cheque to address below. If payment and form are not received by **Jan 4<sup>th</sup>, 2012** your child's spot will not be held any longer, however registration will be available until the class is full!!

\*\*Method of payment accepted: Cheque or Exact Cash

Mail in address: Regina Diving Club  
1604 Grosvenor St.  
Regina, SK. S4N 4C7

**Regina Diving Club      306-529-8050      [www.reginadiving.ca](http://www.reginadiving.ca)**