

# JUNE SPRINGBOARD DIVING CLINICS

**RON LEVY AQUATIC CENTER, FOUNDERS PARK, ISLAMORADA, FL**

**\*WEEK #1 JUNE 11, 12, 13, 14, 15 4:00-6:00**

**WEEK #2 JUNE 25, 26, 27, 28, 29 4:00-6:00**

**\*\$10 DISCOUNT IF REGISTERED FOR FULL WEEK BEFORE MAY 31ST**



## **What to expect: PROFESSIONAL, USAD SAFE INSTRUCTION & TECHNIQUE**

**daily conditioning & stretching drills - dry board - gymnastics - yoga -diving-specific dry land drills and skills from mats - mental aspect of sport - overcoming fear - building confidence - meeting new friends - FUN & BEING PROUD OF YOURSELF**

**Ages 6-9 - focus on SAFETY & FUN for forwards, back & twisting groups**

**Ages 10-18 - focus on all five DIVING groups  
forward, back, reverse, inward & twisting**

**5 DAYS \$125 - 4-5 DAYS \$125 - 3 DAYS \$90  
\$35 - LESS THAN THREE DAYS**

**PLEASE CONTACT COACH JIM KELLY TO REGISTER**

**781-264-3212**

**OSPREYZAPDIVING.COM INSTAGRAM: JIMUSADIVER  
OSPREY ZAP DIVING FACE BOOK**

**JIM KELLY FACEBOOK**