

## Inspiring the Next Generation of Champion Divers!

The Toronto Diving Academy's Talent Identification Camps are open to all children who would like to try diving. This fun and friendly camp will introduce your child to diving training.

At the end of the camp, children who are interested in pursuing diving will be invited to one of our competitive groups or be referred to another local program.

Diving is a great way to keep active and have fun. It also teaches valuable life skills such as:

- Goal Setting
- Dedication
- Discipline & Focus
- Perseverance
- Overcoming Challenges



### Dive Into Excellence with the

### Toronto Diving Academy at the

### Toronto Pan Am Sports Centre

### Toronto Diving Academy Summer Talent Identification Camp

July 2-5<sup>th</sup>, 2019  
July 8-12<sup>th</sup>, 2019

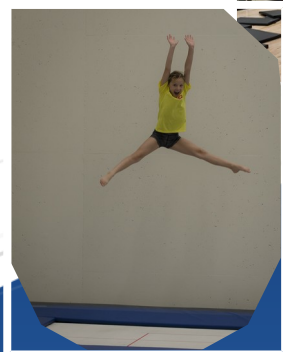
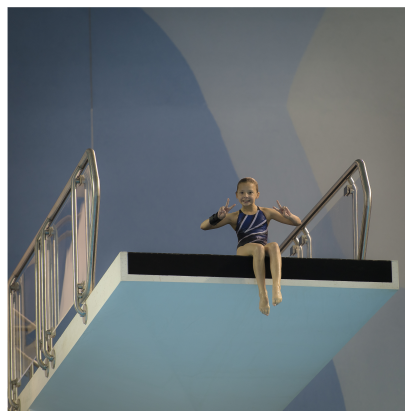


### Toronto Diving Academy

875 Morningside Avenue, Suite 2037 Toronto, ON M1C 0C7

[www.torontodivingacademy.com](http://www.torontodivingacademy.com)





Please contact us  
[torontodivingacademy@gmail.com](mailto:torontodivingacademy@gmail.com)  
 for more information or to register  
 your child today!



Facilities include:

- 3 x 3m Springboards
- 5 x 1m Springboards
- 3m, 5m, 7m & 10m Platforms

2,000 Sq. Ft. Dryland area includes:

- 2 x In-ground trampolines
- Dance floor
- Foam pit with 3 dry-boards & 2 platforms
- Tumble track

Toronto Diving Academy is a program of Diving Plongeon Canada's National High Performance Athlete Development Centre-Toronto.

The Centre was created to identify talented athletes and provide a performance environment and training program to help these athletes realize their potential on an international stage.

2019 Camp Dates:

July 2-5<sup>th</sup>: 9-4 pm

July 8-12<sup>th</sup>: 9-4 pm

Typical Daily Schedule:

9:00am – 10:30am Dry-land

10:30am – 12:00pm Pool

12:00pm – 1:00pm Lunch

1:00pm – 2:30pm Dry-land

2:30pm – 4:00pm Pool

Before Care (8-9 am) & After Care (4:-5:30 pm) Available

*Training Camp includes:*

*Trampoline*

*Strength & Conditioning*

*Acrobatics*

*Pool Time*

*Fun & Games*

*For kids 6-12 years of age*

*Spaces in the camp are available on a first-come, first-served basis. Once the camp is full, registrations will be taken for a waiting list. Register early to avoid disappointment*