



Holiday Diving Program

Try Springboard Diving at the new Gold Coast Aquatic Centre in Southport. Come and flip and have some fun!!

Where: Gold Coast Aquatic Centre, Marine Parade, Southport

When: Wed, 16th, Thurs 17th, Friday 18 & Mon 21st, Tues 22nd, Wed 23rd of January, 2019 (6 Days), 2018.

Time: 9am – 11.30am on all days. Pool Entry fee is required on each day.

Cost: \$25 per day or \$65 for 3 days.

\$2.50 1-3 days, \$5 for 4 days or more.



Contact: Kevin Hall, Head coach on kevyhall1@gmail.com

*Activities included in the program are Strength & conditioning exercises, Trampoline basics, Diving basics, Skill advancement & Equipment safety.

* Talented participants will be identified for our Club Development Program.

*All coaches are accredited with the Australian Sports Commission and hold a current blue card.

*Bookings Essential via email only. Limited numbers available on each day.

See you at the pool.....