



BERKELEY AQUATIC CLUB DIVE PROGRESSION AND TURN CLINICS

ELIGIBILITY:

Level II & III / Summer Club Swimmers / Competitive Swimmers / BAC Team Athletes. **Must be 5 years of age OR older on the first day of the clinic AND be comfortable in deep water to participate.**

CLINIC GOALS AND INSTRUCTION:

Instruction will include:

- Dive Progressions for forward dive (Free/Breast/Fly)
- Start Progressions for a backstroke start
- Flip Turns (Free and Back)
- Open Turns (Breast, Fly, IM Transitions)
- Breakouts

2021 WINTER DIVE PROGRESSION AND TURN CLINICS \$240.00 (per session)

Mondays 3:30 – 4:15pm

Session 1:

January 4 11 18 25

February 1 8

Session 2:

February 15 22

March 1 8 15 22

Tuesdays 3:30 – 4:15pm

Session 1:

January 5 12 19 26

February 2 9

Session 2:

February 16 23

March 2 9 16 23

Wednesdays 3:30 – 4:15pm

Session 1:

January 6 13 20 27

February 3 10

Session 2:

February 17 24

March 3 10 17 24

GENERAL:

- Dive Progression and Turn Clinics will take place in the **Jim Wood Memorial Pool**.
- Athletes are asked to be on deck, changed ready to swim 15 minutes early.
- Equipment: students will need goggles, girls and boys with long hair must wear caps.
- Additional clinics will be scheduled throughout the year each focusing upon different areas of competitive swimming.
- Refund Policy: Clinic fees are non-refundable after the first class. There will be a 25% fee charged for any cancellation on or before the first class.
- There will be no make ups offered for missed clinics.