

Diving Lessons

All level divers welcome, from beginners to competitive high school divers, these outdoor dive sessions on both 1 and 3 meter spring boards will provide a place for divers to learn and improve upon their diving skills regardless of their level. The last day of lessons will be a mini dive meet to demonstrate your new skills! Parents welcome to attend.

Code	Day	Time	Dates
102060A	M - TH*	9:50 - 10:30 am	7/10 - 7/20
102060B	M - TH*	9:50 - 10:30 am	7/24 - 8/03

**Friday is a makeup day for inclement weather*

Ages: 6 - 17 years (must be comfortable swimming in deep water)
Fee: \$65R/\$80NR
Min/Max: 4/8



NEW!

Beginner Dive Clinics

This clinic is for anyone new to the sport of diving and will expect to learn: a full 3 step approach and hurdle, tuck/pike/straight jumps into water, front fall ins/dives, back fall ins/dives and front jump 1/2 twist.

Code	Day	Time	Dates
102061A	F	10:00 am -12:00 pm	6/23*
102061B	F	10:00 am -12:00 pm	6/30**

**Make up day for inclement weather will be the 6/30 clinic*
***Make up day for inclement weather will be 7/14*

Ages: 6 -17 years (must be comfortable swimming in deep water)
Fee: \$30R/\$37NR
Min/Max: 4/8

NEW!

Advanced Dive Clinics

This clinic caters towards divers who have mastered their front and back approach, have an understanding of their basic voluntary dives on the 1 meter spring board and are ready to learn/improve upon inward dives, reverse dives and twister dives, multiple flip dives and build their list on 3 meter.

Code	Day	Time	Dates
102061C	W	10:00 am -12:00 pm	6/21*
102061D	W	10:00 am -12:00 pm	6/28**

**Make up day for inclement weather will be the 6/28 clinic*
***Make up day for inclement weather will be 7/21*

Ages: 6 -17 years (must be comfortable swimming in deep water)
Fee: \$30R/\$37NR
Min/Max: 4/8

Anna Curran: Hinsdale Community Pool Diving Coach

Anna is our new summer diving coach. She began her diving career at age 13 in her hometown of Davenport, IA. She competed one-meter springboard in high school and both one-meter and three-meter springboards for a club team throughout high school. She spent every summer during her high school years at Indiana Diving Camp, where she dabbled in diving off of the ten-meter platform and synchronized diving.

She went to DePaul University and dived for 3 years on their NCAC Women's Swimming and Diving team; she competed on both one-meter and three-meter springboards. During her college summers, she was a counselor and coach at Kanakuk Kamps in Branson, MO, where she coached diving and gymnastics for kids ages 6-10.

After pursuing her Masters in Social Work at Loyola University Chicago, spending time focusing on her career as a Mental Health Clinician and growing her own family, she went back to coaching diving at Northside Diving Club in Chicago, IL. She coached kids ages 6-17, beginners to competitive high school divers, from August 2014-April 2016.

She is now coaching dive clinics and dive lessons at Hinsdale Community Pool for summer 2017.