



LAMADRONA  
ATHLETIC CLUB

# SPRING 2024 INTRO DIVING CLASS



**DIVING CLASS TAUGHT BY SANTA CRUZ NATIVE  
AND 2008 OLYMPIAN ARIEL RITTENHOUSE**

**MAY 6<sup>TH</sup> – MAY 24<sup>TH</sup> | TUESDAYS/THURSDAYS 5:15-6:00PM**

**Ages 6 – 14 are welcome**

**Classes are limited to 8 spots. Reserve your spot today!**

The La Madrona Intro to Diving Class will teach children the fundamental skills necessary to be successful in the sport of diving. The six week program will build upon skills each week in a fun and safe manner. Kids will learn the proper arm patterns, body positions, and entry techniques that Olympic divers use. The only equipment needed is a bathing suit, sunscreen, and a towel. Ages 6 to 14 welcome. This is a great opportunity for kids to learn to dive into the pool safely and with confidence. The class will be 45 minutes long, once a week.

**Sign up by completing the registration form below and return to La Madrona Athletic Club.**

Members may enroll online at [www.lamadronaclub.com](http://www.lamadronaclub.com). Registration will begin on Monday, February 26th online at 10am. Non-members can sign up on Monday, March 4th. After that registrations or questions can be made directly to the Aquatics Director at 831-438-1072 ext 104 or [kgorham@caclubs.com](mailto:kgorham@caclubs.com).

## REGISTRATION FORM FOR SPRING 2024 DIVING CLASS

**\$109.00 (\$131.00 for non-members)**

**Athlete's Name** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Parent's Name(s)** \_\_\_\_\_ **Member?** Yes ☐ No ☐

**Parent's Phone and Email** \_\_\_\_\_

**Emergency Contact Name and Number (other than parent)** \_\_\_\_\_

Non-MEMBER USE POLICY: Because La Madrona is a private club, non-members visiting the club for programming are not allowed use of the facility outside of their paid programming. Please wait for your class to begin before using the facility. Thank you.

\*Program Withdrawal/Makeup Policies: Registration selections may only be altered within the first of programming for a club credit. If a class is missed, makeups are not guaranteed. However, makeups will be granted if space allows in other days in that session of programming.

Internal Use:

Paid Date

Initial

Roster