

# Cambridge Diving Development Centre

## Learn to Dive Progressions

Welcome to the Cambridge Parkside Pools, Learn to Dive Programme. The Learn to Dive programme is run by the City of Cambridge Diving Development Centre and all the teachers are qualified coaches. During each half hour session the divers will learn new skills, dives and entry techniques that are essential building blocks in the progressions to becoming a good diver. A large amount of the training is done from the poolside before the diver moves onto the diving boards, the diver will be working towards completing all of the ASA Frosties Diving Awards listed below:

## Learn to Dive 1 Lessons – Beginners

- ASA Frosties Poolside Diving Awards     Level 2 – Grade 1
- ASA Frosties Poolside Diving Awards     Level 2 – Grade 2

## Learn to Dive 2 Lessons – Beginner Improvers

- ASA Frosties Poolside Diving Awards     Level 2 – Grade 3
- ASA Frosties Poolside Diving Awards     Level 2 – Grade 4

## Learn to Dive 3 Lessons – Improvers

- ASA Frosties 1m Board Skills Award     Level 3 – Stage 1

Once the diver has completed these awards they will be offered the chance to join the City of Cambridge Dive Team. They will be put into a squad of similar standard divers, training to compete in Novice level competitions whilst learning new more complicated dives and progressing through the squads. The Learn to Dive lessons are structured to increase the productivity of the sessions and enable the divers to progress quickly. We run three levels in each half hour session, the lesson times are as follows:

<b>Tuesday</b> 6:05 - 6:35 Dive 1 / 2 / 3 6:35 - 7:05 Dive 1 / 2 / 3
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<b>Friday</b> 6:00 - 6:30 Dive 1 / 2 / 3 6:30 - 7:00 Dive 1 / 2 / 3 7:00 - 7:30 Dive 1 / 2 / 3 7:30 - 8:00 Dive 1 / 2 / 3
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<b>Saturday</b> 10:00 - 10:30 Dive 1 / 2 / 3 11:00 - 11:30 Dive 1 / 2 / 3 10:30 - 11:00 Dive 1 / 2 / 3 11:30 - 12:00 Dive 1 / 2 / 3
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**If anyone has any queries please do not hesitate to contact  
James Etherington, Head Coach. (01223) 446 139**