



Diving - Competitive

The Competitive Diving program is open to all girls in Years 3 to 12 who are participating in Diving at a competitive level. Students will have the opportunity to participate in pool sessions at Pymble Aquatic Centre and Sydney Olympic Park Aquatic Centre (SOPAC). Students will also participate in dry land lessons, which will involve the use of the indoor Diving boards in the Artistic Gymnasium, to allow for greater correction of technique and fitness, as well as specialist strength and conditioning sessions in the Fitness Centre.

CHANGES TO THE DIVING PROGRAM: Students will now register for the whole year (Terms 2 to 4) with an option to 'opt out' at the end of each term if they no longer want to participate. Students must 'opt out' by the last day of term or their registration will roll over to the next term.

Program Co-ordinator	Monique Zahra ccsa@pymblelc.nsw.edu.au
Coaching Director	Mrs Chris Lang clang@pymblelc.nsw.edu.au
Term/s	Term 2 to 4 This program is a yearly registration
Years	Year 3 to 12
Days/Times	Monday: 6.45am to 8.00am (Pymble Fitness Centre) Tuesday: 4.30pm to 6.00pm (Pymble Fitness and Aquatic Centre) Wednesday: 6.30am to 8.00am (Pymble Aquatic Centre) Friday: 4.30pm to 6.00pm (Pymble Aquatic Centre) Saturday: 11.00am to 1.00pm (SOPAC)
Cost	\$1185.00
Maximum	20 students
Program Dates (Start/End)	Term 2: Week 2 to Week 8 Term 3: Week 1 to Week 10 Term 4: Week 1 to Week 8
Venues	Pymble Aquatic Centre Pymble Fitness Centre College Artistic Gymnasium Sydney Olympic Park Aquatic Centre (SOPAC)
Uniform	Pool Sessions: Pymble or other appropriate diving costume Dry land: Pymble PE Uniform – black bike pants are acceptable
Note	Please note: from time to time, SOPAC is unavailable due to external bookings. Dates will be advised at the beginning of each term, and sessions will be relocated to Pymble Aquatic Centre.