



Diving - Pathways

The Pathways Diving program is open to all girls in Years 3 to 12 who are developing in Diving, competing at the school level, or wishing to progress to a more competitive level. Further competitive opportunities are encouraged for those divers wishing to compete at the entry level of competition in NSW Diving through the Pathways program.

Students in the Pathways program should be attending at least two sessions per week.

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 mzahra@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	Tuesday: 3.45pm to 5.00pm (Pymble Aquatic Centre) Friday: 3.45pm to 5.00pm (Pymble Aquatic Centre) Saturday: 12.00pm to 1.30pm (Pymble Aquatic Centre)*
Cost	\$1007.00
Maximum	20 students
Program Dates (Start/End) Tuesday	Term 2: Tuesday 7 February to Tuesday 4 April Term 3: Tuesday 18 July to Tuesday 19 September Term 4: Tuesday 10 October to Tuesday 28 November
Program Dates (Start/End) Friday	Term 1: Friday 17 February to Friday 31 March Term 3: Friday 5 May to Friday 23 June Term 4: Friday 13 October to Friday 1 December
Program Dates (Start/End) Saturday	Term 1: Saturday 11 February to Saturday 1 April Term 3: Saturday 22 July to Saturday 16 September Term 4: Saturday 14 October to Saturday 2 December
Venues	Pymble Aquatic Centre Pymble Fitness Centre Optional: Sydney Olympic Park Aquatic Centre (SOPAC)
Uniform	Pool Sessions: Pymble or other appropriate diving costume Dry land: Dryland Sessions: Pymble PE Uniform – black bike pants are acceptable
Note	*Pathways Diving participants can choose to attend Saturday Diving at Sydney Olympic Park Aquatic Centre (SOPAC) from 11.00am to 1.00pm. Students looking to progress into the Competitive program are



Pymble Ladies' College

encouraged to attend the session at SOPAC to gain more exposure to the competitive and elite diving levels.

