

Welcome to Diving SA!

About the Come N' Try Session

We're passionate about our sport, and we hope you will be too. Our accredited coach will be teaching you the basics of diving, with an emphasis on fun and safety. The objective of the Come N' Try is to ensure that you enjoy the experience. We respectfully request that all parents stay off of the pool deck and in the viewing stands until the session has finished. At the end of the session we encourage you to approach our coach with any questions.

About Diving

Diving combines the athleticism of gymnastics, the grace of ballet and the concentration of a chess player. Diving is a sport that belongs to all, no matter what age, gender or skill level, all can participate and progress at their own pace.

Diving provides athletes with the benefits of physical fitness and is the perfect sport for building confidence. It takes them through a measured and monitored progression over time to more difficult dives and higher boards and platforms. The confidence that diving builds in people increases their capacity and willingness to take calculated risks and meet challenges that life can present in all areas of their lives.

Diving SA holds competitions each school term enabling athletes to experience competition with divers of the same skill and ability level, regardless of age. It gives them a chance to showcase their newly acquired skills and challenge themselves against a judging panel. As athletes progress, they may have opportunities to compete in School and even National Championships.

Athletes with exceptional diving potential may be identified and encouraged to try out for the National Elite Pathways Program. This program leads into the SASI (South Australian Sports Institute) program. Athletes in this program are preparing to represent Australia at international competitions including World Championships, World University Games, and even Commonwealth and Olympic Games!

Information on Classes

Our 'Learn 2 Dive' program is designed to offer the sport of diving to anyone who is interested. Through a series of beginner classes, athletes can participate in the sport recreationally without the pressure of competitive involvement or can progress into our comprehensive competitive program.

At our state of the art facility in Oaklands Park we offer Learn 2 Dive classes 2 days a week for our Masters (over 18's). Our program generally runs in line with school terms, commencing the Saturday before school returns and concluding on the Friday of the last day of term. For those who are new to our program, our class schedule is as follows.

Masters Learn 2 Dive Classes

Sunday: 9:00-9:45 am, 10:00-11:00 am, 11:00-12:00 pm

Wednesday: 6:00-7:00 pm, 7:00-8:00 pm

Classes are capped at 8 participants per class to give all athletes ample board time. To find out if a class is available, head to the Diving SA website after completing your membership to view the 'Training Sessions' tab.

Information on Fees

There are effectively 3 costs to consider when signing up for diving:

1. Annual Membership Fee (July 1 to 30 June)
2. Term Coaching Fees
3. Pool Entry costs

Details of these costs are outlined below.

Annual Membership Fee

The Diving SA Membership year runs in line with the financial year. Membership is mandatory for all participants in Diving SA programs and activities (including; divers, coaches, employees, and volunteers). Membership incorporates registration with Diving Australia, our parent organisation, via a capitation fee. This provides Diving SA members with limited Professional Indemnity and Personal Accident cover.

The Membership Fee is \$50 per Term for the financial year and is outlined below:

Term 3: \$200

Term 4: \$150

Term 1: \$100

Term 2: \$50

Learn 2 Dive Term Fee Schedule

Diving is a sport that relies on development of muscle memory, so the more lessons you do the quicker you will progress. Many of our Learn 2 Divers start off at one session per week, and then as they progress they pick up additional sessions. For Masters Learn 2 Dive, the fees are outlined below:

- 1 x 1 hour session per week \$152.50

For additional sessions the fee stays the same, as payment for each session is separate.

In the Masters Learn 2 Dive lessons, divers can work their way through our Badge Progression System, which breaks down the skills of diving into more manageable terms. For the achievement of learning all the skills in a badge, divers receive a certificate to take home and a keychain to add to their bag. You can learn more about these Badges on our website in the 'Diving' tab, under Badge & Progression Criteria.

We think that it is important to point out here that Diving SA does not offer make up lessons for missed lessons. In the event of illness or injury, a refund or credit will be considered upon the presentation of a doctor's certificate.

**Term fees may vary due to the number of weeks in a term, but usually equals 10 lessons.*

Pool Entry

The pool entry fee is set by the South Australian Aquatics and Leisure Centre (SAALC) and is separate to Diving SA's fees. A few options are available to discuss with facility staff, which include membership with the centre, multi-visit passes or casual entry rates. This information is also available on the SAALC website at saaquatic.ymca.org.au

Where to from today?

If you have enjoyed their recent Come N' Try session, we encourage you to enrol them in our Learn 2 Dive program.

The first step is to become a member of Diving SA. Please head to our website, divingsa.com.au, click on the 'Diving' tab and scroll halfway down the page. You should find a red button that says "Membership - join now". This will take you to the membership page. Select the new member option and follow the prompts. For the registration type, you can select the "recreational diver membership".

Once you have completed this, you will receive an email with login details for our website. Once you are logged in, you can head to the 'Training Sessions' tab where you will be able to book into the lesson of your choice. Follow the instructions on the left-hand side of the page. For new members to our sport we highly recommend booking into any of the 'Intro to Diving' lessons. If you have any issues, please reach out to us at admin@divingsa.com.au.

We look forward to seeing you around the pool!

Chloe Marshall

Diving SA Member Services Officer
admin@divingsa.com.au