



Learn to Dive



- **Program Ages:**
 - 12 - 18

- **What is Learn to Dive?**
 - This class is designed to teach skills, from beginner ability and up, in divers who are middle and high school age.
 - One of the goals for this program is to help bridge the gap between a novice (AquaBats) diver who is over the age of 12 and an advanced (Northside Dive Academy) diver.
 - In addition to the goal above, assisting our Northside ISD High School-age divers to become more skilled through additional practice is also a focal point of this program.
 - Coaches will focus on specific skills and drills to create a more competitive diver by ensuring proper technique to achieve dives with a greater degree of difficulty.
 - A diver that enrolls in this class is expected to attend classes regularly and give maximum effort in order to gain a greater ability on the boards.