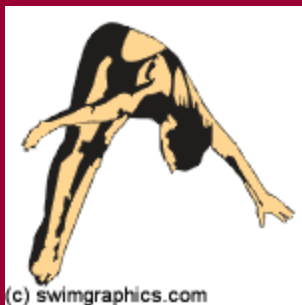


REGISTRATIONS

ONLINE REGISTRATIONS NOW AVAILABLE!

*Phone, fax, and mail-in registrations
are not accepted.*



(c) swimgraphics.com

Mark your calendars...registration for the Winter/Spring session will begin on Tuesday, February 9th @10 AM. All program participants are strongly encouraged to register for classes on-line.

**Registrations for the session in progress will not be accepted after the first class day.*

Registrations are on a first come, first serve basis. Full payment is due at the time of enrollment. Register early in order to reserve a spot in one of our classes! Wait lists are available for each session when a class has reached its maximum enrollment.

**Refer to the inside of this brochure for the diving schedule.*

POLICIES

PHOTO POLICY

Classes and events are occasionally photographed for promotional purposes. By registering for the program, you have granted us permission to use your photograph for promotional purposes. Names will not be posted.

PAYMENTS

The Frisco ISD Natatorium accepts payments with the following options listed below:

1. **On-line registrations** paid by credit card (MasterCard, Visa, or Discover).
2. **Walk-in registrations** paid by credit card, check, or cash.

Make checks payable to FISD Natatorium (include a driver's license# and enter LTD Program on the memo line).

Concurrent enrollment is not insured without full payment and registration is based on space availability.

WAIT LISTS

Participants may be placed on a wait list when a course has reached its maximum enrollment. There is no charge to be placed on the wait list. When a cancellation occurs, our staff will contact, in the wait list order, the participants on the list and offer them the opportunity to register. Payment must be made within 24 hours to secure the registration.

Wait listing for one class does not automatically wait list a participant for all sessions of the Winter & Spring schedule or the next season.

PARENTS & SPECTATORS

Parents and spectators are not allowed on the pool deck area during the diving class. We find that children are far more attentive and successful in learning new skills if parents are "out of sight, out of mind." There is ample spectator seating located upstairs if you wish to observe the classes.

REFUNDS

Refer to the website for our refund policy and form.



FRISCO I.S.D. NATATORIUM

FRISCO DIVERS

Winter/Spring 2010



INSTRUCTED BY:

Coach Mandy Moore

- USA Diving Certified
- Frisco ISD Diving Coach

7411 North First St.

Frisco, TX. 75034

(Located North of Staley Middle School on the corner of North First St. and North County Rd.)

Tel: 469-633-6160

www.friscoisd.org/natatorium



FRISCO DIVING LESSONS TELL ME MORE!

Frisco's Learn-to-Dive program is designed to teach athletes fundamental diving skills for use in recreation and competitive diving. Group lessons consist of dry-land training and board work to develop strength, flexibility, and body awareness. The athletes will be instructed in basic skills, such as approach and hurdle, forward and backward take-offs, and forward and backward entries. As the divers master the basic skills, they will begin learning new and more advanced dives on both the 1-meter and 3-meter spring boards.

The program will have two focuses: the beginner diver with little or no experience who wishes to improve the quality of his/her diving and develop the skills and control to go on to the next level of training; and the recreational diver who wants to safely dive with skill!

DIVING FACILITY

- Two 1-meter Dura-Flex diving boards
- One 3-meter Dura-Flex diving board
- Trampoline with overhead belt
- Dry-land exercise area
- Tivo & camera so divers may review their dives

CLASS TIMES & FEES

All classes will meet on Tuesday & Thursday from 5pm - 6:30pm.

*Exception for Wednesday, February 24th

FISD EMPLOYEE

- \$100.00/participant/ session (**ONLINE**)
- \$110.00/participant/ session (WALK-IN)

Verification of employment is required prior to the start of class. FISD employee discount is limited to immediate family members only.

PUBLIC

- \$110.00/participant/session (**ONLINE**)
- \$120.00/participant/session (WALK-IN)



REQUIREMENTS

There will be limited space: max of 15 students per class. A participant is enrolled when full payment is received. If classes fill up, you may be placed on a waiting list.

- Ages 8–17. Must be 8 years old by the first day of class.
- Must be able to swim.
- Previous diving experience not required.

Winter/Spring CLASS SCHEDULE

All classes are Tuesday & Thursday

*Exception for Wed, Feb 24th

5 - 6:30PM

(Each Session = 4 weeks)

SESSION I

Tuesday and Thursday Classes

Dates: (Starts February 23rd)

2/23, *2/24, 3/2, 3/4, 3/9, 3/11, 3/23, 3/25

SESSION II

Tuesday and Thursday Classes

Dates: (Starts March 30)

3/30, 4/1, 4/6, 4/8, 4/13, 4/15, 4/20, 4/22

SESSION III

Tuesday and Thursday Classes

Dates: (Starts April 27th)

4/27, 4/29, 5/4, 5/6, 5/11, 5/13, 5/18, 5/20