



ARROW DIVE CLUB

EL MONTE AQUATIC CENTER

Home of Olympic Champions

Lance Larson and Sandy Neilson

11001 Mildred Street, El Monte, CA 91731

(626) 757-8500



2010 SUMMER HIGH SCHOOL DIVING LESSON

The Arrow Dive Club is a National levelled spring board dive club. We also have an excellent high school program with multiple CIF qualifiers and a 2010 CIF Division Champion.

The High School Diving Lessons creates an opportunity for many high school students to experience a new sport. We hope this program can help less experienced divers build new skills and have fun at the same time. In addition to that, they will be training with National level divers throughout the summer.

Instructed by:

Deliang Li: Olympic medalist, former Chinese diving coach.

Schedule & Fees:

Session 1 - June 21st to July 1st.
Session 3- July 19th to July 30th

Session 2- July 5th to July 16th
Session 4- August 2nd to August 13th

Monday, Tuesday, Wednesday, and Thursday – 5:00 pm to 6:00 pm

\$80 / per session

Age & Requirements:

High school student. Must be able to swim in the deep water area.

Students must registration prior to first day of session.

For more information, please contact the Arrow Dive Club head coach Deliang Li at (626) 757-8500 or Email at info@arrowdive.com. www.arrowdive.com