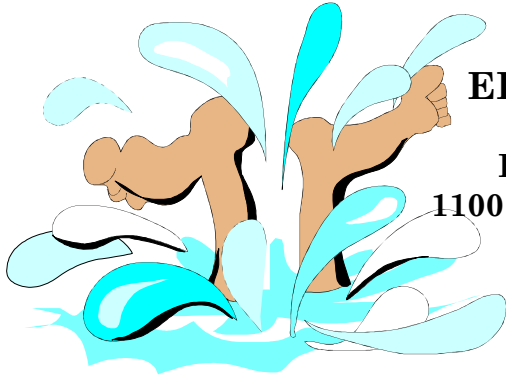




**CITY OF EL MONTE
COMMUNITY SERVICES DEPARTMENT
Sports, Playgrounds & Aquatics Division**



EL MONTE AQUATIC CENTER
Home of Olympic Champions
Lance Larson and Sandy Neilson
11001 Mildred Street, El Monte, CA 91731
(626) 580-2213



LEARN TO DIVE LESSONS

The Learn to Dive Lesson Program is for the community to enjoy the sport of diving. The program provides an opportunity for children to improve their physical conditioning, mental toughness, and self-esteem. This program offers to teach basic diving skills such as body balance, spatial awareness, and water entry as well as the fundamental requirements of diving safety.

The Learn to Dive Lessons will be instructed by **Arrow Dive Club Head Coach Deliang Li** an Olympic medalist, former Chinese diving coach, and certified USA Diving Coach.

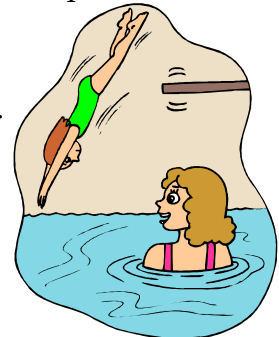
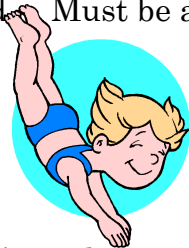
Schedules & Fees:

Classes begin June 8, 2009. Students must registration prior to class starting.

Monday & Wednesday:	4:00 p.m. to 4:45 p.m.	\$90 / per month
Tuesday & Thursday:	4:00 p.m. to 4:45 p.m.	\$90 / per month
Saturday:	10:00 a.m. to 11:00 a.m.	\$50.00 / per month

Age & Requirements:

Ages 5 to 14 years old. Must be able to swim in the deepwater area.



For more information, please contact the El Monte Aquatic Center at (626) 580-2213, the Arrow Dive Club at www.arrowdive.com or email coach Li at Li1880@yahoo.com.