

CRYSTAL PALACE DIVING TEAM

**"FANTASTIC"
HOLIDAY
COURSES**

OCTOBER HALF TERM

Tue 22nd to Fri 25th October

Intensive Advanced Competitive Course 4 hour duration daily / 8am until Noon

There will also be specific training for divers who are going to compete in the Talent Games in November and Regional National competitions next season.

- **Bubble & Harness**

1 hour in dryland gym & 1 hour in the pool

Suitable for children who have a good gymnastic background or those who already have some diving experience **and for those in the TID Teams wanting extra practice for the next School's competition on Sunday 15th December.**

- **Just Dive**

1 hour duration daily / 10am or 11am

These are daily 1 hour diving lessons for children new or fairly new to diving & wanting extra practice....

PLEASE TELL ALL YOUR FRIENDS ABOUT THIS ONE!!!

www.CrystalPalaceDiving.co.uk

**One of the best
diving teams in
Europe!**

Children must be able to swim confidently in deep water

