



Adult Diving Lessons at The Quays

ACTIVE NATION

What opportunities are available to me as an adult interested in learning to dive?

Beginners' Adult Diving Course:

This is a springboard/highboard diving course for adults. It is aimed at those starting the sport for the first time or coming back to diving after a break.

Divers will be taught in groups of up to 8 by qualified instructors from the Southampton Diving Programme. The group is suitable for complete beginners through to those with some experience.

The following course is available on: **Wednesdays, 8 - 9pm 19/3/14 – 23/4/14 (6 sessions) or Thursdays, 7 – 8pm 20/3/14 – 24/4/14 (6 sessions)**

Continuing Improvers' Diving:

Pay as you go: One-off lessons are available, bookable up to a week in advance.

Improvers' course: These courses usually comprise of six lessons and will build on what you have already learnt through attending a Beginners' Diving Course with us or another recognised diving scheme.

The following course is available on: **Tuesdays, 8 – 9pm, 18/3/14 – 22/4/14 (6 sessions), Wednesdays, 8 – 9pm, 19/3/14 – 23/4/14 (6 sessions) or Thursdays, 7 – 8pm, 20/3/14 – 24/4/14 (6 sessions)**

Adult Dry Diving Course:

Participants will be introduced to strength & conditioning exercises to help development of core muscles, which will improve the ability to execute diving skills. There will also be an opportunity to use the dry boards and trampoline to practice diving skills prior to taking them into the pool.

The following course is available on: **Tuesdays 7.30 – 8pm, 18/3/14 – 22/4/14 (6 sessions) or Wednesdays 7.30 – 8pm, 19/3/14 – 23/4/14 (6 sessions)**

Participants on all courses should be aged 18 years or over. Participants on pool-based courses will need to be able to swim at least 25m unaided, to be confident in deep water and to be happy to swim without goggles.

How can I find out more about these courses and how do I book?

For more information on any of our Adult Diving Lessons, to book, or to find out about our Adult Diving Taster Sessions, please contact Annie Clewlow: (Tel) 023 8072 0922 (Email) Annie.Clewlow@activenation.org.uk or Natasha Jenkins: (Tel) 023 8072 0906 (Email) Natasha.Jenkins@activenation.org.uk