



Adult Diving Taster at The Quays

ACTIVE NATION

What are Adult Diving Taster Sessions?

Adult Diving Tasters provide an opportunity to take part in a half hour springboard/highboard diving lesson at the Quays.

Each session will last for 30 minutes and divers will be taught in groups of up to 8 by qualified instructors from the Southampton Diving Programme.

Adult Diving Taster Sessions cost £3.50 per adult.

Who is aimed at?

Participants should be **aged over 18 years** and 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.

When does it take place?

The following sessions are available:

- **Wednesday 21st May, 8.30 – 9pm**

How can I book my child/teenager onto a Diving Taster Session?

To try an Adult Diving Taster Session please [complete this form](#) and return it to Divingatthequays@activenation.org.uk. For more information, please contact: 023 8072 0906 or email: divingatthequays@activenation.org.uk