



Diving Tasters at The Quays

ACTIVE NATION

What are Diving Taster Sessions?

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. Everyone who takes part in the scheme will receive a certificate of participation.

Diving Taster Sessions cost £3.50 per child.

Who are they aimed at?

Participants should be **aged between 6 and 13 years** for children's sessions or **aged between 14 and 17 years** for teenage sessions 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 do they take place?

Taster sessions for this term are taking place on:

Age 6-13 years:

For divers **aged between 6 and 13 years** we are now able to offer sessions at the following times:

Monday 14th July at 6.15 – 6.45pm

Tuesday 15th July at 4 – 4.30pm or 5 – 5.30pm or 7 – 7.30pm

Wednesday 16th July at 4.30 – 5pm or 5.30 – 6pm or 8 – 8.30pm

Thursday 17th July at 4 – 4.30pm or 5.30 – 6pm or 7 – 7.30pm

Friday 18th July at 4.30 – 5pm or 5 – 5.30pm or 5.45 – 6.15pm or 6.30 – 7pm

Saturday 19th July at 8 – 8.30am or 8.30 – 9am or 9.30 – 10am

Sunday 20th July at 9.15 – 9.45am or 9.45 – 10.15am

Age 14-17 years

Tuesday 15th July at 7.30 – 8pm

Wednesday 16th July at 8.30 – 9pm

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

We are currently accepting bookings. For more information, or to make a booking for your child/teenager, please [click here](#) for an application form or contact: 023 8072 0906 or email: divingatthequays@activenation.org.uk for more information.