



# Rocky Mountain Diving Club Newsletter

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September 8, 2009

## Dear Parents & Divers:

If you are new to the **Rocky Mountain Diving Club** program – **Welcome!** If you are returning - **Welcome Back!** Please carefully read the details regarding Saturday and weekday class start dates along with days that lessons are not scheduled.

**We're looking forward to a great session filled with lots  
of learning and fun – see you soon!**

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**Class Times:** please note the 2 additions highlighted

### Saturday Classes:

The first day of the Saturday Fall 2009 class is Saturday, September 19<sup>th</sup>. (Classes will run for **10** consecutive Saturdays excluding the dates indicated in blue below).

**NO diving on:**

~**Saturday, October 10<sup>th</sup>** (Thanksgiving weekend)

~ **Saturday, November 21<sup>st</sup> (Synchro Competition)**

The last day of diving is scheduled for Saturday, December 5<sup>th</sup> for Saturday divers. This may change if we receive information about bookings by other clubs.

### Weekday Classes:

Diving classes scheduled during the week begin on the week of Monday, September 14<sup>th</sup>. \*\*These classes will run for 11 weeks excluding the dates indicated in blue below.

**NO diving on:**

~**Monday, October 12<sup>th</sup>** (Thanksgiving weekend)

~**Wednesday, November 11<sup>th</sup>** (Remembrance Day)

~ **Friday, November 27<sup>th</sup> – Talisman Christmas Party**

The last day of weekday diving will vary depending upon which class you are in – please count **11 weeks** from your start date remembering to include the cancelled classes.

### Participant information:

- New participants will receive a Talisman Centre pass card to gain access through the Main Service Centre to the lower pool deck area on the first day of lessons. If a card is lost, the fee for a replacement card is \$10.00
- On the first day, to gain entry through the main entrance, simply tell a Talisman Centre staff-member that it is your first day of diving and that you will be receiving your pass card at your first lesson.
- Passes should be returned to your coach on the last day of the session.
- Access to the pool deck is through the change rooms located at the bottom of the stairs below the Main Service Centre.
- Participants do not need to shower first, as they will be completing dry land training and conditioning before entering the pool.
- Participants should arrive at least five minutes before class wearing running shoes, t-shirt and shorts, bathing suit and with a towel and water bottle.
- Parents may accompany their child down to the deck area on their first day only (just for the beginning of class), **after which we ask you observe the lesson times from the observation areas located above the dive pool**. As exciting as being on deck is to watch all the action, space is limited and is restricted to participants and their soggy dive gear!
- Each class will consist of 3 components: dry-land training and conditioning, trampoline/pit board training, and water training.
- We're sorry, but we do not give any refunds for missed classes. If, under certain circumstances, we must cancel a class, we will offer a make-up class.

Please contact me at any time if you have any questions. We look forward to seeing you soon!

Kindest regards,

*Aurelie Gibson and Brad Szurgot*

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