

Spring Board Diving

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



We now have a 1-meter diving board in Fort Bragg! Learn from our experienced springboard diving instructors, or improve your diving skills. Emphasis is on technique, basic dives, flips and having fun. Prerequisite: Participant must know how to swim and be able to dive from the side of the pool.

INSTRUCTOR: LINDY MADDEN

SESSION DATES: OCTOBER 30TH-DECEMBER 4TH
SATURDAY: 11-11:45AM

COST: \$30 PER SESSION
AGES: 8 +



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