

Spring Board Diving

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



We now have a 1-meter diving board in Fort Bragg! Now is the time to learn from our experienced springboard diving instructors. Emphasis is on technique, basic dives, flips and having fun. Prerequisite: Strong swimming skills and ability to dive from the side of the pool.

INSTRUCTOR: LINDY MADDEN

SESSION DATES: 2/20 – 3/20, 4/3 – 5/1, 5/15 – 6/12
SATURDAY: 11-11:45AM

COST: \$30 PER SESSION
PRE-REGISTRATION REQUIRED



C.V. STARR COMMUNITY CENTER
300 S. LINCOLN ST. ~ FORT BRAGG, CA 95437
707.964.9446 / FAX: 707.964.1813
WWW.MENDOCOASTREC.ORG