

START DIVING



CALLING ALL BUDDING DIVERS
Start your diving journey with us



**FREE 30 Minute Diving Taster
Sessions at The Hydro!**

DATES: August 14th-18th & August 21st-24th
TIMES: 9-9:30am / 9:30-10am / 10-10:30am

To book your place contact The Hydro
reception on 01423 556768 and quote "START
Diving"

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 **Swim England**
Diving

Getting into Diving

Diving is a fun and exciting Olympic sport, great for developing fitness, flexibility, co-ordination and core strength.

Starting out

You can start diving at any age as long as you can swim 25 meters unaided, are happy to swim without goggles and feel confident in deep water.

Do you have a background in gymnastics, dance or trampoline? If so, you will find lots of your skills transfer easily into diving.

Learn with the experts at a diving club

Qualified, professional coaches will help you to learn the basics, develop your diving skills and progress through your Swim England 1-7 Diving Awards. You'll enjoy learning to dive with friends, and if you love it and want to train further, there is a structured development pathway for you to follow.

START your diving journey with us

Inspired by our Olympic medalists Tom Daley, Jack Laugher or Chris Mears? Then come along and give diving a go! British Diving is among the top diving nations in the world, so there has never been a better time to try this exciting sport.

For more inspiration visit swimming.org/diving.

**START
DIVING**

Ask about our learn to dive programmes today

Harrogate Borough Council Diving Training Scheme
The Hydro,
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Email: rosie.taylor@harrogate.gov.uk