



Welcome to the Trojan Dive Club

Train with the Best

Springboard & Platform Diving Lessons

Our goal for the Learn to Dive Lesson Program is for the community to enjoy the sport of diving as well as an opportunity for children to improve their physical conditioning, mental toughness, and self-esteem through the sport of diving. The Learn to Dive lesson program offers successful basic skill progressions of body balance, spatial awareness and water entry in diving as well as the fundamental requirements of diving safety.

Learn to Dive classes are held at the new Uytengsu Aquatics Center, an Olympic-class facilities located at 1026 W. 34th Street at the University of Southern California, the site of the 1984 Olympic Games.

Lesson Schedule: (Summer Program)

Tuesdays: 4:30 to 6:00 pm

July 22, 29, August 5, 12

Saturdays: 2:00 p.m. to 3:30 p.m.

July 5, 26, August 2, 9

Lesson Fee: \$ 200 per session for a total of 8 classes
\$ 30 per class for walk-on

Location: USC, 1026 W. 34th Street, Los Angeles, CA 90089

What to Bring: Bathing suit, t-shirt and short, running shoes, chamois and towel.

To Reserve a space, contact us at:

213-740-8445 - Office

213-740-6177 - Fax

hpl@usc.edu

For more information about the club please visit

www.trojandiveclub.org