Dive lessons are offered for beginner to intermediate divers of any age. It is preferred that your child is comfortable jumping off of the board and swimming to the ladder prior to taking dive lessons. This class will teach the fundamental skills of diving such as:

* Forward and back approaches
* Dive positions: forward dive, back dive, twist, pike, etc.
* Body alignment and control
* Diving etiquette

Please keep in mind that all children progress at different levels based on their determination and fearless attitude.