

# GLAC Superior Diving Program.

Sessions run June 2-July 23, M-F

**\*\*No practice the week of June 27-July 4\*\***

**Great Lakes Athletic Club, 3800 S. Baldwin Rd.  
Lake Orion MI 48359**

## 3 Class Levels

**\$185 Beginner- (no experience) 60 min practice 3/  
week M-W**

**Prerequisite: student is able to swim 15 yards unassisted.**

**No diving experience. Has attempted to dive off the side or from the board. Divers will acquire a basic hurdle, forward and back line up and will attain basic dives.**

June 2-11 4:30-5:30 pm      June 14-July 23

9:50am-10:50 am

**\$240 Intermediate (some experience) 90 min  
practice 4/week M-TH**

**Prerequisite: student is able to swim 15 yards unassisted. Mastery of skills from beginner.**

**Has some diving experience i.e. club, middle school or high school experience. Introduction of all 5 dive directions. Introduction of advanced hurdle, somersaulting and twisting.**

June 2-11 5:30-7:00 pm      June 14-July 23

7:45-9:15 am

**\$285 Experienced (high school or club) 120 min  
practice 5/week M-F**

**Prerequisite: student will have mastery of intermediate skill level.**

**Has experience diving for club or high school/middle school team. Diver has a full competitive list. Will work on dive improvement, conditioning, drills and attaining new dives.**

**June 2-11 5:30-7:30 pm      June 14-July 23**

**7:45-9:45am**

**Students will need to register for an AAU Diving Athlete membership online the cost is \$14.00.**

**<https://aausports.org/Membership>**

**Register online through the Great Lakes**

**Navigators website at <https://www.teamunify.com/team/recrasInst/page/team-registration> \$35.00**

**registration fee Each athlete will receive a t-shirt**

**Coach: Jenifer Blitz, Clarkston High School  
Diving Coach**

**Any questions, please contact [jeniferblitz@gmail.com](mailto:jeniferblitz@gmail.com), or  
cell 248-298-9056**