

IOWA DIVING CLUB

Class Information and Payment Policies

Welcome to the Iowa Diving Club! We seek to provide you with the safest and the best diving experience possible. Before your diver's first class, please turn in a completed Iowa Diving Club Release and Waiver, as well as a completed Iowa Diving Club Medical Release. Please note the USA Diving Membership information below, and have your diver's membership completed prior to his or her first class. USA Diving Memberships are to be renewed on January 1st of each year. The CRWC will produce a Rec. Services membership card for all Iowa Diving Club members, so please stop by the front desk to have one made. Thank you!

Location

University of Iowa Campus Rec. and Wellness Center (CRWC) Natatorium Diving Well
Physical Address: 309 South Madison Street, Iowa City, IA 52242
Mailing Address: 1635 Stone Creek Circle, North Liberty, IA 52317

Classes and Rates (Monthly)

Beginner Lessons (1 day per week - 1 hour and 15 minutes per lesson)

Ability Expectations: Athletes should be comfortable swimming in deep water.

Objective: To develop core strength, flexibility, coordination, body awareness, acrobatic control, balance, and to learn the basics of diving through tumbling, trampoline, dry board, and water training exercises.

What to Bring: Appropriate Swim Suit (no bikinis or cut-offs), Dry Towel, Shorts and T-Shirt, Tennis Shoes, Sammy (Optional, but recommended <http://www.swimx.com/sammy.html>)

Class Tuition: \$150.00 per month

*USA Diving Athlete Membership: \$40 per year

Please visit: <https://www.teamusa.org/USA-Diving/Membership/Types-of-Membership/Athlete-Membership>

Class Time:

Tuesday 5:00-6:15pm

Intermediate Lessons (2 days per week - 1 hour and 30 minutes per lesson - *Invitation Only*)

Ability Expectations: Athletes should have some background in diving or gymnastics.

Objective: To improve basic diving skills and work to acquire more advanced skills in 1M Springboard, 3M Springboard, & Platform.

What to Bring: Appropriate Swim Suit (no bikinis or cut-offs), Dry Towel, Shorts and T-Shirt, Tennis Shoes, Sammy (Optional, but recommended <http://www.swimx.com/sammy.html>)

Class Tuition: \$200.00/month

*USA Diving Athlete Membership: \$40 per year

Please visit: <https://www.teamusa.org/USA-Diving/Membership/Types-of-Membership/Athlete-Membership>

Class Time:

Tuesday 5:00-6:30pm

Thursday 5:00-6:30pm

Team

(Invitation Only)

What to Bring: Appropriate Swim Suit (no bikinis or cut-offs), Dry Towel, Shorts and T-Shirt, Tennis Shoes, Sammy (<http://www.swimx.com/sammy.html>)

Tuition: \$250.00/month

*USAD Membership: <https://www.teamusa.org/USA-Diving/Membership/Types-of-Membership/Athlete-Membership> (Non-Competing \$40) (Competition Athlete \$200/year)

Tuesday 5:00-7:00pm

Thursday 5:00-7:00pm

*All athletes must have an Athlete Membership with USA Diving *before* participating in their first lesson. Memberships must be renewed every January in order to participate in diving lessons or our team program. Please visit <https://www.teamusa.org/USA-Diving/Membership/Types-of-Membership/Athlete-Membership> to join or renew.

Payment Policies

1. Payments are due by the 1st of each month. Payments may be mailed to IOWA DIVING CLUB - 1635 Stone Creek Circle, North Liberty, IA 52317, or hand delivered to Brad Virkler. You may also pay tuition using Venmo (@Brad-Virkler).
2. Payments received after the 10th of the month will have a \$25.00 late fee added. This late fee will be due at the time of the payment.
3. Your tuition remains the same regardless of your diver's attendance.
4. The Iowa Diving Club will not offer make-up classes.
5. Monthly tuition is paid to hold your spot in a class. Two weeks advance written or emailed notice is required if you intend to drop from the program. If no written notice is received, it will be assumed that you still want your spot in the class and you will be billed accordingly.
6. Returned checks will be charged a \$25.00 service fee.