



Diving Lives Here!

Corby East Midlands International Pool Diving Time Table & Prices 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday Lodge Park
12:00 – 12:30						F n' F	F n' F	Club Squads
12:30 – 13:00						L-1	L-1	Club Squads
13:00 – 13:30						L-2	L-2	Club Squads
13:30 – 14:00						L-3		Club Squads
14:00 – 14:30								
14:30 – 15:00								
15:00 – 15:30								
15:30 – 16:00								
16:00 – 16:30	F n' F	F n' F						
16:30 – 17:00	L-1	L-1						
17:00 – 17:30	Club Foundation	L-2	Club Talent	Club Foundation	Club Talent			
17:30 – 18:00	Club Foundation	L-3	Club Talent	Club Foundation	Club Talent			
18:00 – 18:30	Club Foundation	L-4	Club Talent	Club Foundation	Club Talent			
18:30 – 19:00	Club Foundation		Club Talent	Club Foundation	Club Talent			
19:00 – 19:30				Teen Beg. 30m	Teen Adv. 1h			
19:30 – 20:00				Teen Int. 30m				
20:00 – 20:30				Adult Beg. 45m	Mast ers 45m			
20:30 – 21:00								

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<i>Price List</i>	Direct Debit Prices	Cash Prices
	Payment Every Month	Payment Every three Months
Junior ½ hour Weekday	£17.30	£52.00
Junior ½ hour Sat/Sun/Mon	£16.40	£49.30
Junior 1 hr	£23.75	£71.30
Adult 45 min	£23.75	£71.30
Junior 1hr & 45min	£29.30	£88.00

- Diving lessons run once a week
- Cash payments will require payment at reception prior to the commencement of the lesson, block/course.
- Parents are not allowed on poolside diving area during diving lessons

Corby East Midlands International Pool ASA diving awards scheme Flip N' Fun

Flip N' Fun is composed of three stages: 8, 9 & 10 of the ASA national plan for swimming, these are children early steps to diving.

Flip n' Fun has been designed to provide the first layer of the Athlete Pathway in Diving and is also part of the [National Plan for Teaching Swimming](#) Flip n Fun is the first level on a five-stage approach, which has been developed with the help of leading people in British diving.

The programme encourages agility, co-ordination and balance, and uses children's positive energy to increase their awareness once in the water.

Guiding and developing children's confidence and ability to try new skills in a safe and rewarding environment Flip n Fun is a progressive and entertaining start to a young person's first sessions in the sport.

Aimed at children between the ages of 6 and 11 years the prime objective is to have fun and give children the chance to experience something new and challenging. Flip n Fun aims to develop Fundamental skills and motivate and sustain participation in a positive and fun environment.

The Flip n Fun programme provides a fun, safe environment for children to participate in Diving, building on the Fundamentals that could one day make them sporting champions.

Children are introduced to the 1m springboards at this early stage to help increase confidence and to have a sense of heights this is a safe practice that is not on the assessment sheet at this stage.

Depending on the child's ability, safety and the coach criteria children are allowed to jump from the springboards during the Flip n' Fun stages and the diving levels

Corby East Midlands International Pool ASA diving awards scheme the Levels

Movement within the program

After successfully achieving the Flip n' Fun Stages 8, 9 & 10 children move to the diving levels there are 7 levels on the ASA awards scheme and each level is composed of 6/7 skills/dives the skills get more complex every time a new level is achieved.

Please be aware that we do not expect divers to pass their assessment every time, it may take a few attempts before achieving the pass level.

It is important that parents and divers are aware that movement through the programme is not a "given" just for taking part. Some divers may never progress past the Flip n' Fun stages, others may move through the programme at a rapid rate.

Some children get stuck on one skill they simply may never get, for psychological, technical or physical reasons (or a combination of all of these). The coaches do their best to ensure divers are working towards the skills required for the next level, but they will not work solely on the problem skill as this is boring, there is still no guarantee they will get it and working on just one skill will be detrimental to all other areas of their diving.

During the current course of diving lessons, children will be continually assessed and all bookies will be automatically transferred on to the next block (saving the need to re-book at reception). Any child that needs to be moved up will be informed by the coach or contacted by email. We will attempt to keep your lesson day and instructor the same but some changes may be necessary.

The teen and adult diving lessons are composed of Beginner, Intermediate, Improver and competitive Levels, there is not an ASA awards scheme but a certificate and a badge can be awarded / provided if requested by the customer.

CEMIP Diving Awards Scheme the Flip n' Fun stages 8, 9 & 10 and The Diving Levels
Flip n' Fun

Flip n' Fun Guidance Notes – The Introduction 1st Session		
Skill – 1	The Hand Grab	Dry-land
Skill – 2	The Tuck Shape	Dry-land
Skill – 3	The Pike Shape	Dry-land
Skill – 4	The Stretch Position	Dry-land
Skill – 5	The Straight Position	Dry-land
Skill – 6	The Forward start approach	Dry-land
Skill – 7	The Backward start approach	Dry-land
Skill – 8	The Arm-swing	Dry-land

Flip n' Fun Stage (8) ASA Diving Awards Scheme		
Skill – 1	Sitting Pike Line-up drill	Dry-land
Skill – 2	Tuck Shape Float to Stretch Position	In Water
Skill – 3	Forward push and glide	In Water
Skill – 4	Forward push and glide twist onto back	In Water
Skill – 5	Crouched line-up dive hands grabbed	Poolside
Skill – 6	Back Push and Glide	In Water
Skill – 7	Forward Somersault	In Water

Flip n' Fun Stage (9) ASA Diving Awards Scheme		
Skill – 1	Pike Shape Float	In Water
Skill – 2	Back Push and Glide with half twist to front	In Water
Skill – 3	Forward Jump Straight	Poolside
Skill – 4	Forward Jump Tuck	Poolside
Skill – 5	Forward Tuck Roll	Poolside
Skill – 6	Forward Pike Line-up	Poolside
Skill – 7	Back Jump Straight	Poolside

Flip n' Fun Stage (10) ASA Diving Awards Scheme

Skill – 1	Forward Push and Glide to Pike Roll	In Water
Skill – 2	Back Push and Circle	In Water
Skill – 3	Forward Jump Straight with Arm-swing	Poolside
Skill – 4	Forward Jump Tuck with Arm-swing	Poolside
Skill – 5	Crouch Forward Dive	Poolside
Skill – 6	Back Tuck Roll	Poolside
Skill – 7	Back Jump Tuck	Poolside

Diving Levels

Level - 1 ASA Diving Awards Scheme

Skill – 1	Forward jump pike with arm-swing	Poolside
Skill – 2	Back jump straight with arm-swing	Poolside
Skill – 3	Back jump pike	Poolside
Skill – 4	Forward dive straight crouched	Poolside
Skill – 5	Back Pike roll	Poolside
Skill – 6	Crouched back dive	Poolside

Level - 2 ASA Diving Awards Scheme

Skill – 1	Falling back Pike sit	Poolside
Skill – 2	Back jump pike with arm-swing	Poolside
Skill – 3	Forward pike wedge	Poolside
Skill – 4	Forward dive straight	Poolside
Skill – 5	Back dive straight crouched with half arm-swing	Poolside
Skill – 6	Forward pike line-up hands grabbed	1m

Level - 3 ASA Diving Awards Scheme

Skill – 1	Forward dive tuck 101C	Poolside
Skill – 2	Back pike sit with arm-swing	Poolside
Skill – 3	Reverse pike site with arm-swing	Poolside
Skill – 4	Inward pike wedge	Poolside
Skill – 5	Back dive straight with arm-swing	Poolside
Skill – 6	Standing back fall straight	1m

Level - 4 ASA Diving Awards Scheme

Skill – 1	Forward straight jump with arm-swing	1m springboard
Skill – 2	Forward tuck jump with arm-swing	1m springboard
Skill – 3	Back jump straight with arm-swing	1m springboard
Skill – 4	Forward dive tuck	1m springboard
Skill – 5	Forward pike line-up hands grabbed	1m springboard
Skill – 6	One step Hurdle	Dry / 1m springboard

Level - 5 ASA Diving Awards Scheme

Skill – 1	Forward pike jump with arm-swing	1m springboard
Skill – 2	Back tuck jump with arm-swing	1m springboard
Skill – 3	Forward tuck dive with arm-swing	1m springboard
Skill – 4	Inward dive tuck	1m springboard
Skill – 5	Forward pike fall "T" shape arms	3m springboard
Skill – 6	Forward tuck roll	3m springboard