

Coaches Profile

Coach Elaina



Head Diving Coach for Bridgman High School since 2010. Dove for St. Joseph High School from 2002-06 and Alma College from 2006-08. Former coach at the YMCA, Point O' Woods Golf & Country Club, and the Michigan Rip Squad in Kalamazoo.

Coach Erika

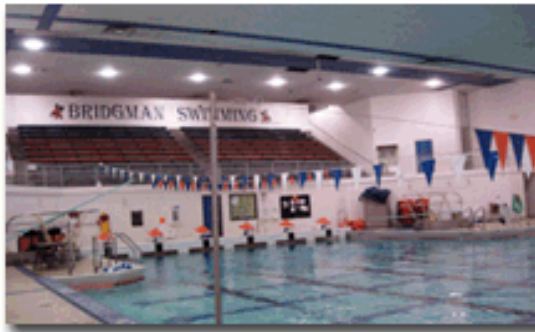


Assistant Diving Coach and Bridgman Diving Alum. She has 4 years diving experience and has been coaching at Bridgman for the past 3 years. Erika is attending GVSU for Elementary Ed and teaches dance at Connie Cassidy School of Dance.

Coach Matt



Assistant Diving Coach and Bridgman 2015 grad. Dove for 1 year in high school and has been coaching at since Fall 2015. Also works at the YMCA and he is a current student at LMC who will be transferring to CMU this Fall.



Bridgman Diving



For More Information
Please Contact:

Elaina Paulson
(269) 921-4613

10ejpaul@gmail.com

Bridgman
Aquatic Center

9964 Gast Road
Bridgman, MI 49106

Overview

The Bridgman Aquatics Center's Diving program is open to divers of all ages and ALL levels. Divers will learn basic and advanced techniques, improve existing skills and build confidence on the diving board.



Practices will include a variety of work outs in and out of the water. Dry-land work outs will be designed to build key muscles and practice proper form. Divers will also be able to take advantage of Ti-Vo, a video software that will play back their dives in real time.

Class Information

Spring Session:
April 10th – May 25th

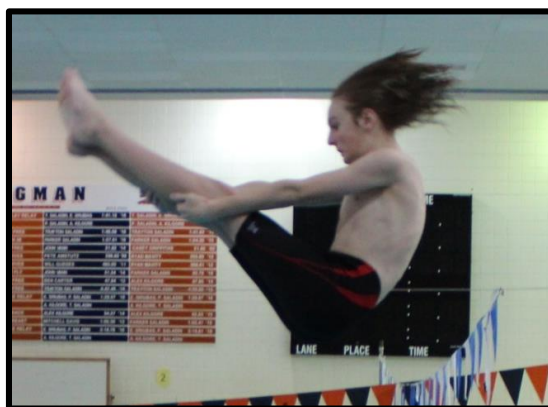
Summer Session:
June 5th – July 27th
(No Classes the Week of July 4th)

Beginners

Tuesdays & Thursdays
5:30-6:30pm

Intermediate & Advanced

Mondays: 5:30-7pm
Tuesdays & Thursdays: 6:00-7:30pm



Prices:

1 Day/Week - \$35/Session
2 Days/Week - \$70/Session
3 Days/Week - \$100/Session

Sibling Discount

2nd Child: \$30 (1-Day) / \$60 (2-Day)
3rd Child (or more): \$20 (1-Day) / \$40 (2-Day)

Divers must be able to swim one length of the pool to sign-up.

SWM Annual Diving Competition



Thursday, July 27th

Warm-ups: 5:30pm

Competition: 6:30pm

Bridgman Aquatic Center

Please join us on the last day of class for the Southwest Michigan 7th Annual Diving Competition.

All divers grades 8 and below are welcome to participate.

There is no additional charge to participate, although donations will be accepted for the Bridgman High School Diving Athletic Fund.

