

Coaches Profile



***Coach
Elaina***

Head Diving
Coach

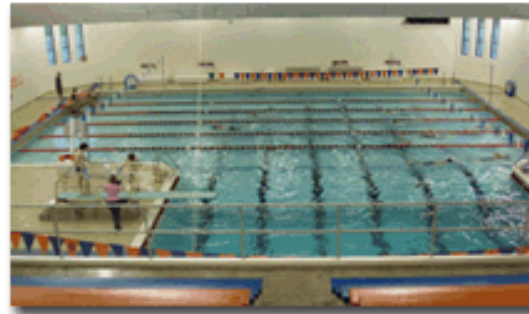
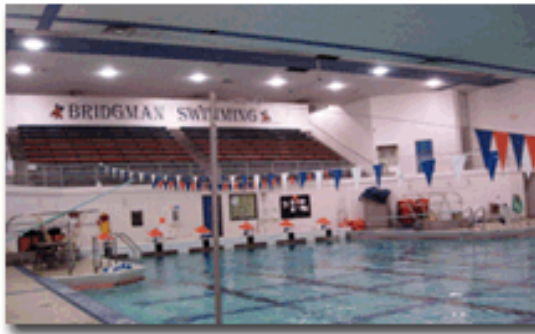
Elaina has been the head diving coach for Bridgman High School since 2010. She dove for St. Joseph High School from 2002-06 and Alma College from 2006-08. Previously she has taught at the YMCA, Point O' Woods Golf & Country Club, and the Michigan Rip Squad in Kalamazoo.
USA Diving Coach Certified.

***Coach
Erika***



Assistant
Diving Coach

Erika has 4 years diving experience and has been coaching at Bridgman since 2014. Erika dove on the Bridgman High School Co-Op Team when she was in high school. Now she is attending GVSU for Elementary Ed and teaches dance at Connie Cassidy School of Dance.



For More Information
Please Contact:

Elaina Paulson
(269) 921-4613

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Bridgman Diving

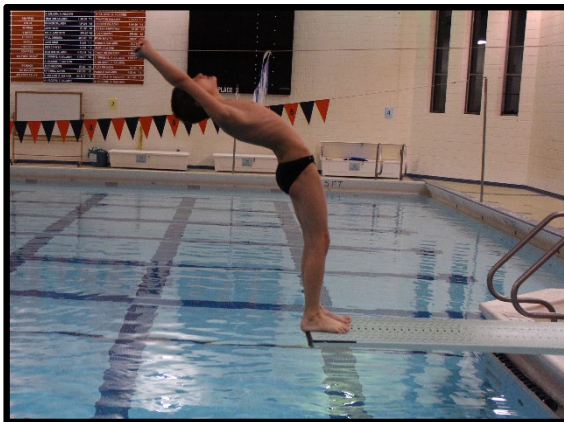


**Bridgman
Aquatic Center**

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.



Southwest Michigan Diving

Class Information

DATES

Spring Session:
April 16th – May 24th
(No Class May 17th)

Summer Session:
June 11th – July 26th
(No Classes the Week of July 4th)

TIMES

Beginners

Tuesdays & Thursdays
6:30-7:30pm

Intermediate

Tuesdays & Thursdays: 5:30-6:30pm

Advanced

Mondays, Tuesdays & Thursdays:
5:30-7pm

PRICES

1 Day/Week - \$30/Session

2 Days/Week - \$55/Session

3 Days/Week - \$85/Session

Sibling Discount

2nd Child: \$25 (1-Day) / \$50 (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 26th

Warm-ups: 5:30pm

Competition: 6:30pm

Bridgman Aquatic Center

Please join us on the last day of class for the Southwest Michigan 8th 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.