

Coach's Profile

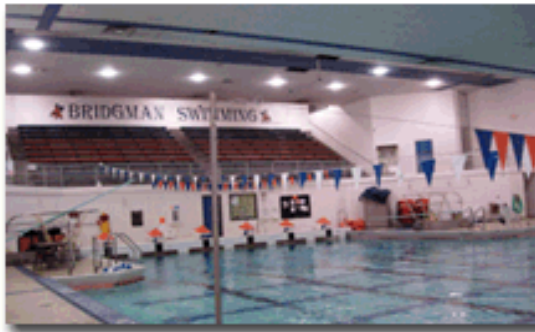


***Coach
Elaina***

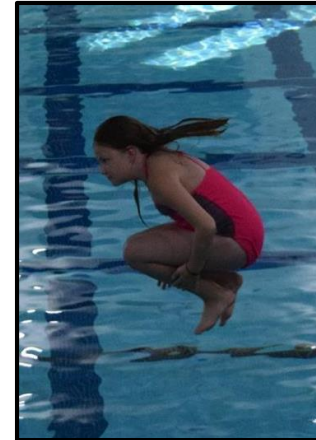
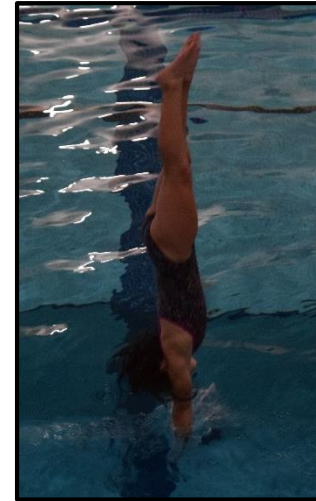
Head Diving
Coach

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.



Bridgman Diving



For More Information
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**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

Fall Session
September 5th – October 24th

All Levels
Wednesdays: 7:00-8:00pm



Sign-Up on September 5th
\$40/Session

Sibling Discount
2nd Child (or more): \$35

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



Southwest Michigan Diving

Saturday Fun

Hurdle Clinics
at Power in Motion

Saturday, September 8th
& Saturday, October 6th

12:30-1:30 pm

We will be going to a couple of Open Gyms to work on hurdles on the trampoline and tumble track and to practice skills into the pit.

Cost is \$8/person.

Sign up online at:

<http://pimgymnastics.com/open-gym.html>

Halloween Splash Bash

Saturday, October 27th
10:00am-12:00pm



All divers are welcome to attend a special holiday practice.

- Games - Costumes - Food
- Prizes - Fun!!