

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, local country clubs, and the Michigan Rip Squad in Kalamazoo.

- USA Diving Coach Certified
- Lifeguarding with CPR/AED for Professional Rescuers and First Aid

Assistant Coaches



Coach Aurelia



Coach Parker



For More Information
Please Contact:
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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:
May 2nd – June 16th**

TIMES

Beginner + Intermediate

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

Advanced + High School Team

Tuesdays & Thursdays
6:30-7:30pm

PRICES

**ONLY \$5 per class
Or
\$50 unlimited classes**

High School Discount

No Charge for
Bridgman Co-Op Team Members

All ages welcome!

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

SWM Annual Diving Competition



Wednesday, June 16th

Warm-ups: 5:30pm

Competition: 6:30pm

Bridgman Aquatic Center

Please join us on the last day of class for the Southwest Michigan 11th 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.