



White program

Spring 2024

The purpose of this practice is to develop fundamental skills in spring board diving.

Ages: 7 to 15 years old.

Times. Tuesday 4:00-4:45 in the gym then 5:00-6:30 in the Pearland pool.

Saturday 10:00-10:45 in the gym then 11:00-12:30 in the Pearland pool.

The gym address is 4102 Veterans Dr. Pearland TX 77584

The pool address is 4141 Bailey Rd. Pearland TX 77584

Requirements:

AAU membership. <https://aausports.org/Join-AAU>

Use club code **W377D3**. Print out the membership and bring to practice.

Registration fee. \$200 paid by check or cash. Check is made out to BASDT booster club

Monthly fees are \$250. Paid by paypal or check. Check is made out to BASDT.

Activities.

Students will use the trampoline, dry boards and belt systems in the gym. In the pool, students will use both the one- and three-meter boards with drills going off 2- and 4-meters boards as well.

Classes will begin March 6 with no classes during spring break. Our last class will end May 28.