



Team Programs

Monday, Wednesday, Thursday, Friday and Saturday

Spring 2024

The purpose of this practice is to provide instruction to participate in competitive AAU diving meets.

Ages: 6 to 18 years old.

Times. 4:00-4:45 gym then pool 5:00-6:30 or 5:30-6:30 pool then gym 6:45-7:30. Saturdays are 10:00-10:45 gym the 11:00-1:00 pool.

The gym address is 4102 Veterans Dr. Pearland TX 77584

The pool address is 4141 Bailey Rd. Pearland TX 77584

The pool address is 3325 Westheimer Rd. Houston TX. 77098

Requirements:

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

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

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.

Practices will begin March 4 with no classes during spring break. Our last class will end May 29.

Fees

Monthly 2 x per week. \$275. 3 x per week \$330 and 4 x per week \$360

Each meet will have a separate cost that will be billed prior to the meet and can be paid via pay pal.

Camps and special practices will have additional cost.