
FALL NEWS

PLOUF | Fall Schedule | Registration | Open House

PLOUF!

We're excited to announce our new learn to dive program called

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Coach Gabrielle is heading up this program, which was purchased from Plongeon Québec. This is the program that Québec and Ontario clubs use as a learn to dive program. They've seen great success with this curriculum!

Several current and previous divers have taken the PLOUF training and completed their evaluations to teach our newest learn to dive kids this fall.

PLOUF is for new divers, ages 6-12, with no previous diving experience. PLOUF registrants will train for an hour, once per week, for 10 weeks.

We're offering a Monday evening class, and a Saturday morning class.

Fall Schedule

We hope you had a safe and relaxing summer! We are all looking forward to getting back to the pool. Centennial Pool has been on a scheduled shut-down, which has been extended until Monday, September 17th. We're hopeful (as is the pool!) that the additional maintenance will be completed in time to re-open on the 17th.

The fall schedule is posted on our new website at www.cygnusdiving.ca

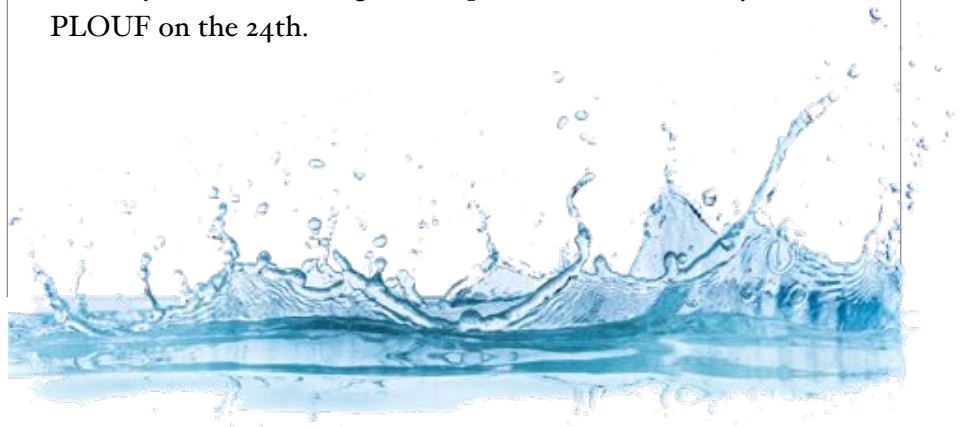
After consulting with parents and coaches, we've adjusted our programming to better accommodate our young athletes.

Children with no previous diving experience will register in our PLOUF program. All returning divers (previously in Learn to Dive or Moving on Up) have been sent a placement email from Coach Gabrielle outlining the level they should be registering in (Development I or Development II).

If you have questions regarding the appropriate level for your child, please email Coach Gabrielle at gabrielle@cygnusdiving.ca

Wednesday, September 19th will be the first day of training for divers in Development I/Development II and Competitive.

Saturday PLOUF will begin on September 22nd, Monday PLOUF on the 24th.





Cygnus divers Audrey, Maxim, Head Coach Robert, Nicholas, and Cole. Representing Nova Scotia in Cuba at the Copa Yumuri training camp and competition. April 2018.

Have you snapped any great photos or captured your diver in action on video and want to share? We're looking for photos and video to post on our website and social media. If you have some you'd like to share, please send to leigh@cygnusdiving.ca and we may use them (provided we have a current photo and media release on file for your child).

Registration

Fall registration is underway. Please ensure that there is a registration form completed for each of your divers prior to the first day of practice (September 19th). Once a registration form has been completed, you'll be sent a copy of your form with instructions for payment. The registration form can be found on the website at www.cygnusdiving.ca

Open House

On Monday September 17th we'll be hosting an Open House at Centennial Pool, from 6 to 8pm. All returning divers are asked to attend with their parent(s). Returning divers will be matched to new registrants and prospective divers to introduce them to coaches, show them where change rooms are, etc.

The schedule for the evening is tentatively planned as follows:

6pm: check-in upstairs in dryland training area (parents can go to the bleachers)

6:15pm: meet the coaches

6:30pm: dryland warm-up for divers, parents will do a walk-through and tour

6:45pm: Competitive group will do a trampoline demonstration

7:00pm Development and Competitive groups will do a demonstration on the boards

7:15pm New divers can try out the boards

Please pass along to families who may be interested in learning more about diving! RSVP at info@cygnusdiving.ca