



DREAMS OF FLIPPING AND TWISTING IN MID AIR!



DIVING ACADEMY

Students of Cumberland Valley School District,

Our CV Diving program is designed to cater to divers of all skill levels, from beginners eager to learn the basics to more advanced divers looking to refine their techniques. Our experienced coaches will provide expert guidance every step of the way, ensuring a safe and enjoyable learning environment for all participants.

So why not take the plunge and join us for an unforgettable journey into the world of springboard diving? Unleash your inner acrobat, conquer your fears, and discover the joy of flying through the air with grace and precision.

Don't miss out on this opportunity to dive headfirst into a new and exciting adventure! For more information and to sign up for the program, please contact Coach Gregg Sheibley at gs@206design.com or 717.712.7255.

We can't wait to see you at the pool!

Dates: April 15 - June 12
(18 sessions)

Cost: \$150+
+All divers must join AAU Diving
for approx \$30/year.

Coach: Gregg Sheibley
CV High School Diving

Ages: 8-18

Requirements: Must be able to swim
25 yards

Practices: April 15 and 17 - 6-8pm
April 22 and 24 - 3:30-5pm
May 1, 6, 8, 15, 22, and 29 - 3:30-5pm
May 3, 17, 24, and 31 - 4-6pm
June 5, 10, and 12 - 3:30-5pm
June 7 - 4-6pm