



*Boys and Girls age 6 to 10
 Save 10% on your First
 Learn to Dive Session At*



UPSTATE NY DIVING

<http://www.upstatediving.com>

Call us at 585-261-0454 or
 E-MAIL USmaryf@upstatediving.com
 to see how your child could excel in the sport of diving.

UPSTATE
NY DIVING

Rochester Institute of Technology
 51 Lomb Memorial Drive
 Rochester, NY 14623



To:

Join **UPSTATE**
NY DIVING

and learn to dive

Upstate NY Diving...

... A Complete Diving Program
Let us Spark your interest in Diving

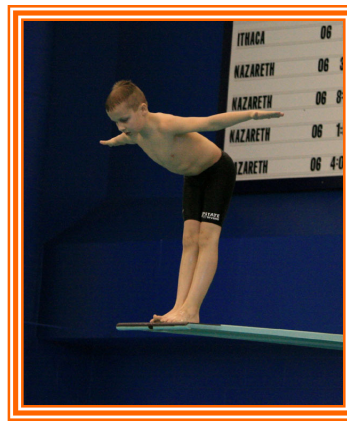
Upstate New York Diving offers a year-round instructional diving program for all levels of springboard divers from Learn to Dive to Elite level training.

Highly experienced coaches safely instruct divers in fun and motivating sessions.

Competitive opportunities are available to all divers from beginners to national level. We have everything you need to excel in the sport of springboard diving!

Visit our website to learn more about our programs and opportunities for you youth.

<http://www.upstatediving.com>



“Join SPARKS”

Our Beginner classes are for divers with no experience and want to try diving for the first time.

Divers may choose one or two times per week.

Diving Fees:

1 Day per week \$40.00 per month
2 Days per week \$65.00 per month

Two Locations to Choose from

RIT

Tuesday 6:00-7:00 pm
Thursday 6:00-7:00 pm
Friday 6:00-7:00 pm

WEBSTER

Mondays 6:30-7:30 pm

Times can vary by location please see the check our web site for the current class times.



Upstate NY Diving is building for the future.

We are searching for divers ages 6-12 years old to join our learn to dive program.

Diving offers a safe, fun sport for boys and girls that show talent in gymnastics, tumbling or trampoline. Diving is a low impact, long term sport that can be enjoyed far past the teen years with scholarship potential at the Collegiate level.

Please contact us now and receive a 10% discount on your first session.

Call us at 585-261-0454 or maryf@upstatediving.com to see how your child could excel in the sport of diving.
