



DIVING

Take the plunge,
Come Dive with us!

FLIP



TWIST



& RIP



RECREATIONAL PROGRAMS

- ❖ Trampoline
- ❖ Gym activities, flips, handstands etc.
- ❖ Diving

When: Monday, Wednesday and/or, Friday

Time: 5 p.m. – 7 p.m.

Monthly fee: based on 1, 2 or 3 days per week

1 day \$75 or 2 days \$140 or 3 days \$165

*Registration Fee Extra

You must be able to swim, tread water etc. in the deep end. Beginners learn the fundamentals of diving in a fun and safe environment, and individuals progress at their own rate. Come, Flip Twist & Rip, have FUN and develop your skills!

AGES (8 – 17 YEAR OLDS) SPRINGBOARD & PLATFORM



OLYMPIC VISION (5 to 9 year olds) This program is designed to provide a foundation for elite performance in sport. The 90 minute class consists of 30 minutes of gymnastic activities, including rolls, handstands and stretching, 30 minutes of trampoline and dryboard and 30 minutes of diving. Instructors focus on developing coordination, flexibility, strength, fitness, posture, listening skills, concentration and FUN!

RECREATIONAL (8-17 years, beginners & advanced)

Trampoline, gym activities, flips, handstands, and more. Beginners learn the fundamentals of diving in a fun and safe environment, and individuals progress at their own pace.

**CHILDREN
5 – 11 YEARS**

SUMMER CAMPS

FEE \$200 Time: 9:00am – 1:00pm (Monday-Friday)

*Includes Registration, Insurance & T-Shirt

EXTRA \$ for CARE 1:00am – 3:30pm (Beach time & Video)

**TEENAGERS
12 – 17
YEARS**

VAC Divers have received scholarships from many Universities and you can too!

We offer Recreational and Competitive Diving at our club. If you are or were a **Provincial Level Gymnast** and tired of training 20 plus hours per week, no time for homework or friends. Our National Divers train 12 – 18 hours per week! Don't leave a sport you have come to love, use your skills and continue with Diving.

Come and try out for the Competitive Team! (Training Monday-Friday, Time: 3:30-6:30pm)

VANCOUVER AQUATIC CENTRE DIVERS SOCIETY

1050 Beach Avenue, Vancouver, B.C. V6E 1T7

Website: www.vacdivers.ca Email: info@vacdivers.ca Messages: (604)696-2606 Fax: (604)591-9390

2011/2012 PROGRAM REGISTRATION FORM

Diver's Name: _____ Male () Female () Birthdate: _____
 Email: _____ Phone: () _____ Cellular: () _____
 Diver's Email: _____ MSP# _____
 Allergies and/or medical conditions: _____
 Briefly describe previous experience in gym, tramp, diving: _____

Class Name	Day	Time	Class Fee
			\$
			\$
Some classes have a T-Shirt Fee (paid only once for class, not class renewals) Or you may choose to order a VACD T-Shirt \$15 Indicate size <i>Youth (Small) (Medium) (Large) (X-Large)</i>			\$
*Registration Fee \$45 – This fee includes \$15 Insurance for beginners and \$30 Club Registration fee, this fee is paid one time only for the year commencing September 1 to August 31.			\$ 45.00
We'll confirm your spot in the class upon receipt, thank you. TOTAL ISSUED TO V.A.C.DIVERS (Note: includes BC Diving Registration)			\$

Fax or email your registration and forward your payment issued to V.A.C.Divers to the address below. Or, you may drop it off at the Aquatic Centre in an envelope addressed to V.A.C. Divers. Payments by Cheque \$ _____ or alternatively, please accept my Credit Card and add a 3% Admin fee/tip - **Check here () Authorize monthly payments for diving**

Visa() M/C() Card# _____ Expiry Date: _____

Cardholder's Name

Signature

PARENTAL CONSENT FORM

I/We, the undersigned, being the parent/guardian of (Print Diver's Name) _____ of the City of _____, in the Province of British Columbia, do hereby grant permission for the said child to participate in diving club activities under the general supervision of Vancouver Aquatic Centre Divers Society, their coaches, officials, or supervisors. It is agreed that these activities may occur any time during the calendar year. I/We do hereby consent to any emergency medical attention or any other emergency care or treatment considered necessary by the coach, designated manager, or other designated responsible adult.

Also note,

- After a diving competition or event, our club and/or event organizers may publish divers' names, results and pictures on the internet or media.
- I agree to allow my family's personal information (name, address, telephone numbers and email address) to be distributed to VACD members for contact purposes.
- VACD maintains divers' personal information for its own information and submits diver information to BC Diving, Diving Plongeon Canada (DPC) and other dive competition organizers for registration and insurance purposes, plus provides information to BC Gaming.

Signature of Parent/Guardian _____ Date: _____
 (please print name)



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www.bcdiving.ca

BC Diving Registration Form

Athletes & Associates
2011-2012

Date Rec'd _____

1. Personal Information (Required Information)

Full name of member	
Home address	
Postal Code	
Home phone	
Parent/Guardian	
Mobile or cellular phone	
Home fax	
Home e-mail address	
Birthdate (YYYY/MM/DD)	
Gender (M / F)	
Club	
Coach	

2. Athlete Members

3. Associate Members (\$6)

<i>Please check appropriate level</i>	<input type="checkbox"/> Club Executive
<input checked="" type="checkbox"/> Learn to Dive (\$16)	<input type="checkbox"/> Club: _____ Title: _____
Learn to Dive Trial (\$5)Indiv. (\$1/pp)Group	<input type="checkbox"/> Parent
<input type="checkbox"/> Recreational (\$36)	<input type="checkbox"/> Alumni
<input type="checkbox"/> Masters (\$36)	<input type="checkbox"/> Other
<input type="checkbox"/> Comp. Prov Jr./Sr. (\$88)	<input type="checkbox"/> Specify: _____
<input type="checkbox"/> Comp. National Jr/Sr. (\$115)	
<input type="checkbox"/> Unattached (\$140)	

4. Fees

Total BC Diving Registration Fees	\$ _____
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5. Consent

Notice: Springboard and Platform diving, by their nature, involve certain elements of risk which involve potential for bodily injury. A portion of the registration fees paid to The Canadian Amateur Diving Association, B.C. Section, also known as BC Diving, is allocated for the provision of accident insurance should injury occur.

I acknowledge this element of risk and agree to permit my child to participate.

X _____ Print Name _____
(Signature of Parent or Guardian if member is under 19 years of age)

*** This Section must be signed for insurance to be valid for the member named on this form.

Section 1 is required information. Please fill in as much of the form as possible.

BC Diving – 114-15272 Croydon Dr., Surrey, BC V3S 0Z5 Ph:604-531-5576 Fax: 604-542-0387

The handling of all personal information by BC Diving is governed by the Personal Information Protection and Electronic Documents Act.

BC Diving Registration Form
Athletes & Associates
2011-2012

Date Rec'd _____

Media Release Form

I, the undersigned, do hereby grant or deny permission to *BC Diving* to use the image of my child, _____, as marked by my selection(s) below. Such use includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken of my child for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on the *BC Diving* Web site.

- Deny permission to use my child's image at all.
- Grant permission to use my child's image in the following ways (mark all that apply):
 - Limited usage:** I want my child's image used within the *BC Diving* setting only (not in the larger community).
 - Limited usage:** I want my child's image used on printed materials only (no digital or video use).
 - Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by *BC Diving* for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

Parent/guardian name _____

Parent/guardian signature _____ Date _____

Please make a copy of this form for your own records and mail or fax the original to:

Jayne McDonald
BC Diving
114-15272 Croydon Dr.
Surrey, B.C. V3S 0Z5
Fax: 604-542-0387



www.bcdiving.ca

If you have questions, contact Jayne at jayne@bcdiving.ca or 604-531-5576