

Masters

This program is designed for people 17 years old and over who want to dive. Whether you want to have fun or compete, the classes are planned in a way that everyone progresses at their own speed. Masters will train on the diving boards and on the tower according to their level.

Schedule :

Monday to Friday 19:30 to 21:00

Length of the session :

10 weeks

Costs :

- 85\$* for 1x/sem.
- 165\$* for 2x/sem.
- 240\$* for 3x/week.
- 300\$* for 4x/week.
- 345\$* for 5x/week.



News from the Camo Diving Club!

INTERNATIONAL CAMO INVITATIONAL 2010

It is the 13th edition this year of the prestigious CAMO INVITATIONAL international competition which will be held at the Claude-Robillard Sports Complex from December 9 to 12, 2010. Come and see the best divers in the world!

TEAM CLOTHING 2010-11 SEASON

The CAMO Diving Club clothing is available for sale at our office at the Claude-Robillard Sports Complex. You can purchase the blue t-shirt for \$10 or the tuque for \$5. It is an opportunity to show your team spirit!



CAMO Diving Club

Claude-Robillard Sport Complex
1000 Émile-Journault Avenue
Montreal, Quebec, H2M 2E7
www.camoplongeon.ca
Tel. : (514) 872-1838



In collaboration with the Leisure and
Community Development Department
of the City of Montreal



FALL 2010

Evaluations will be held from August 23 to August 25 for those who want to dive two times or more a week. If you are interested, please register at **514-872-1838**.

Our **registration** will be held from August 31 to September 2 from 16:00 to 19:00. The session will begin **September 10th**. We are located at the Claude-Robillard Sports Centre near the pool entrance.

An additional fee of \$10 will be required for all registrations after September 2, 2010.

The Camo Diving Club

Bring a friend to...

... Introduce your favourite sport!

...Share your passion!

...Learn while having fun!

...Share your new skills!

...Have fun to end the session on a good note!

A Camo Diving Club t-shirt because:

...I am proud to be a diver!

...I am proud to be a part of this big family!

...I wear it when I am training!

Tomorrow's stars!

This pre-competitive program is designed for athletes between the ages of 5 and 7 who want to progress and train while having fun.

- evaluation required -

Schedule :

Monday to Thursday 18h to 19:30

Durée : 10 weeks

Costs : 180\$*

... for the children !

Initiation

For athletes between the ages of 6 and 15 who want to learn the basics of diving in a safe and fun environment.

Costs : 90\$*

Length: 8 weeks (classes 1h15)

Wednesday	
17:00-18:15	Level 1
17:30-18:45	Level 2
18:15-19:30	Level 1
18:45-20:00	Level 2
19:30-20:45	Level 3-4

Friday	
17:00-18:15	Level 1
17:15-18:30	Level 2
18:15-19:30	Level 1
18:45-20:00	Level 2
19:30-20:45	Level 3-4

Saturday	
9:00-10:15	Level 1
9:00-10:15	Level 2
10:15-11:30	Level 1
10:15-11:30	Level 2
12:00-13:15	Level 2
12:00-13:15	Level 3-4
13:15-14:30	Level 1
13:15-14:30	Level 2
14:30-15:45	Level 1
14:30-15:45	Level 3-4

Sunday	
9:00-10:15	Level 1
9:00-10:15	Level 2
10:15-11:30	Level 1
10:15-11:30	Level 2
12:00-13:15	Level 2
12:00-13:15	Level 3-4
13:15-14:30	Level 1
13:15-14:30	Level 2
14:30-15:45	Level 1
14:30-15:45	Level 3-4

Recreation

This program is designed for youths between the ages of 9 and 16 who have completed their levels and who want to dive more than once a week, without necessarily competing.

Schedule :

Monday and Friday from 18:30 to 20:00

Length : 10 weeks

Costs : 140\$*

Development

Initiation to competition at the regional and provincial levels. The athletes will train from 2 to 4 times per week. **- evaluation required -**

DEVELOPEMENT 1

Categories F, E, D – DOB from 2000 to 2005

Schedule :

Monday, Wednesday, Thursday and Friday from 18:00 to 19:30

Costs :

- 180\$* for 2x/week.
- 250\$* for 3x/week.
- 300\$* for 4x/week.

DEVELOPEMENT 2

Categories C, B, A – DOB from 1993 to 1999

Schedule :

Tuesday, Wednesday, Thursday and Friday from 17:30 to 19:30

Costs :

- 200\$* for 2x/week.
- 330\$* for 3x/week.
- 480\$* for 4x/week.

*These costs do not include the Quebec Diving affiliation fees or the cost of the Access Card to the facilities of the City of Montreal