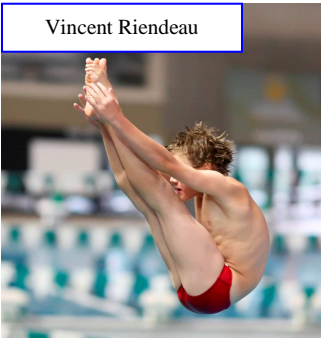


Vincent Riendeau



Bryan Starick

POINTE-CLAIRE DIVING CLUB SCHEDULE 2010-2011

Group	Practices per week	Schedule	Training Fees for season
<p>National For divers who have achieved Junior or Senior National Levels</p>	Practices average 5 hours, 5 times /week	Monday, Wednesday, Friday: 1:30 – 6:30 p.m. Tuesday and Thursday: 1:30 to 6 p.m.	\$2,095 (affiliation fees included)
<p>Tier I For divers who are elite and/or have been selected by the coaching staff</p>	Practices average 4 hours, 4 to 5 times /week	Monday, Wednesday, Friday: 2:30 – 6:30 p.m. Tuesday and Thursday: 2:30 to 6 p.m.	\$1,624 (affiliation fees included)
<p>Tier II For divers who have achieved a Provincial Level</p>	Practices average 3 hours, 3 to 4 times /week	Monday, Wednesday, Friday: 3:30 – 6:30 p.m. Tuesday and Thursday: 3:30 to 6 p.m.	\$1,154 (affiliation fees included)
<p>Developmental For less experienced competitive divers</p>	Practices average 2 hours, 3 times /week	<ul style="list-style-type: none"> • Monday, Wednesday & Friday 4 to 6 p.m. <li style="text-align: center;">OR • Tuesday, Thursday 4 to 6 p.m. & Saturday 8:30 to 10 a.m. <li style="text-align: center;">OR • Tuesday, Thursday 6:30 to 8:30 p.m. & Saturday 8:30 to 10 a.m. 	\$708 (affiliation fees included)
<p>Pre-competitive Designed to improve a child's overall coordination and creates the opportunity to identify young talent for the developmental level</p>	*Practices are 1 1/2 hours, 2 times /week	Monday 4:30 to 6 p.m. Tuesday 4:30 to 6 p.m. Wednesday 4:30 to 6 p.m. Thursday 4:30 to 6 p.m. *Choose any 2 days	\$559 (affiliation fees included)



Émilie Heymans