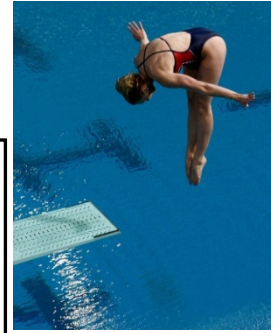
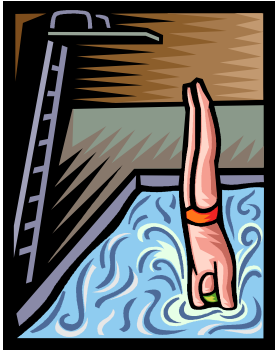


Hamden Department of Recreation

2750 Dixwell Ave. Hamden, CT 06518

203-287-2579 ~ www.hamden.com



The Hamden Recreation Department is offering diving lessons with Jody Clouse. She is the current coach of both the girls and boys high school dive teams. She competed in both swimming and diving for Hamden High ('95) and Marist College ('99). She is looking forward to introducing and promoting the sport of diving in Hamden.

Location: Hamden High School Community Pool

Two classes MAY BE available depending on the ability levels of registered divers

Beginners will practice from 5:00-5:45 and Intermediate Divers from 5:30-6:30pm.

Days: Fridays: 1/31, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20

Please note that I may choose to cancel any class with less than three divers. Each session will be limited to 8 divers. For **Beginner Class**: students must be able to dive off the board and swim to the side unassisted and must be at least 8 years old. For **Intermediate Class**: Divers must be able to do front dives and back lineups on their own. Each Diver will be required to purchase a membership through AAU for insurance. The information will be sent once registration forms are received. These sessions will be 1 hour classes including 15 minutes of dry land training and 45 minutes in the pool.

Ages: 8-17

Cost: \$140 per session. Jody can be reached at jemclouse@gmail.com or 203-215-8329.

Make check payable to **Jody Clouse** and mail along with completed application to Hamden Recreation Dept., 2750 Dixwell Ave., Hamden, CT 06518, c/o Diving

*****Please print neatly & cut here*****
Diving-Winter - 2020

Name _____ Phone _____ Age _____

Address _____ City _____ Zip _____

E-mail _____ School attending _____

Fridays: 5:00 Beginners _____ 5:30 Intermediate _____

I, _____ parent/guardian of _____ do hereby give my permission for my child to participate in diving lessons with Jody Clouse. I, for myself, my spouse, my child/guardian and on behalf of my heirs, assigns and next of kin, assume all risks and hazards incidental to the conduct of activity. I, for myself, my spouse, my child/guardian and on behalf of my heirs, assigns and next of kin, agree to hold Jody Clouse harmless and waive all rights or claims for liability, damages or benefits of any nature, whether legal or equitable, against Jody Clouse in the event of any injury, accident, natural causes or any illness as a result of participation in diving lessons. I also grant permission for medical treatment and if necessary hospitalization by ambulance transport.

Signature of Parent/Guardian _____ Date _____

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Office use only: Amount paid _____ Ck # _____ Cash _____ Date Received _____