

# Dive into a new sport today!

## Swim England Diving Awards 1-7

- Try a new and exciting sport
- Improve your confidence in the water
- Learn new skills
- Have lots of fun

If you think you could be the next diving sensation ask us about lessons today.



Participants must be able to swim 25m unaided and be completely comfortable in deep water to take part in the lessons.

[www.swimming.org/diving/getting-into-diving](http://www.swimming.org/diving/getting-into-diving)

**TYR**

**Swim England**  
**Diving**