

# San Diego State Divers

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Offering professional training for young, competitive springboard and platform divers. From beginner to elite...ages 5 – 18+

## Good, Safe Dives...Always!!!

At the Aquaplex on the campus of San Diego State University

- 1 and 3 meter springboards
- Basic platform station
- Dryland training room to include:
  - Dryland diving board with pit
  - Trampoline
  - Spotting harnesses
  - Video equipment
  - Platform fundamentals
  - Conditioning

Programs include:

- Lessons and 1 meter classes for beginners and high school divers
- Novice, Intermediate and Junior Olympic programs for serious divers
- Senior and collegiate programs for the most elite and older divers

For more information and contacts visit us online at

[sandiegostatedivers.com](http://sandiegostatedivers.com)

Or call (800) 576-0969 for more info