

Edinburgh Leisure seeking high and low for the next generation of divers

Birmingham 2022 Commonwealth Games begins today, and diver James Heatly who trains at the Royal Commonwealth Pool with coach Jen Leeming, is taking part.

Now, Edinburgh Leisure is on the hunt for the next generation of divers.

For those who have been inspired by divers such as Heatly, Andrea Spendolini-Sirieix (daughter of Fred), Tom Daley and Matty Lee, Edinburgh Leisure is offering children the chance to come and try diving with Performance Diving Coaches at the Royal Commonwealth Pool to see if they would like to take up the sport.

Children should be between 5 and 16 years old, able to swim 10 metres unaided, confident in deep water and submerge in water without goggles. No experience is necessary as they will be learning basic skills but those interested in gymnastics, trampolining, acrobatics or similar sports might enjoy this opportunity to try a new sport.

The diving taster sessions cost £3 at the Royal Commonwealth Pool are offered on:

Monday 8 August – Friday 12 August at 15.00 – 15.25 and 15.30 – 15.55.

To

book: <https://edinburghleisure.bookinglive.com/home/holiday-dive-coaching>

Edinburgh Leisure offers a world class diving programme at their diving pool at The Royal Commonwealth Pool, complete with a dedicated Dry Dive Area with trampolines and harnesses, which enables more experienced divers to practice the twists and turns before trying them out on the boards. Their diving programme follows the National Diving Award Scheme right through to competitive level.

Athletes training at the Royal Commonwealth Pool include local Edinburgh boy, James Heatly (GB) and Yona Knight-Wisdom (Jamaica). Grace Reid, who grew up in the capital, previously trained at the Commie.

<https://www.edinburghleisure.co.uk/activities/dive>



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