

## NDC COACHING FEES

The coaching staff will communicate individually with parents regarding the diver's level. Jr. Elite and JOS divers are required to commit to year-round training and competition.

Monthly training fees are due on the 1<sup>st</sup> day of each month. The Annual Membership Fee is due by January 1<sup>st</sup> of each year.

### Fee Structure:

<b>Learn-to-Dive - 75 minute training sessions</b>		
Monthly Training Fee:	1 time per week	\$75.00
	2 times per week	\$100.00
<b>Learn-to-Dive Plus – 1 hour 45 minute training sessions</b>		
Annual Membership Fee:		\$50.00

<b>Junior Elite - 2 hour training sessions</b>		
Monthly Training Fee:	3 to 4 times per week	\$225.00
<b>Junior Elite Plus – Two-2 hour and Two-2½ hour training sessions</b>		
Annual Membership Fee:		\$100.00

<b>High School Prep - 2 hours training sessions</b>		
Monthly Training Fee:	1 to 2 times per week	\$175.00
	3 to 4 times per week (not offered at this time)	\$225.00
Annual Membership Fee:		\$ 75.00

<b>Junior Olympic Squad: - 3 hour training sessions</b>		
Monthly Training Fee:	Minimum of 5 days per week (Includes a minimum of 1 belt spotting per week)	\$400.00
Annual Membership Fee:		\$175.00

Weight Training: **JOS** divers are required to participate in weight training that is provided during regular practice times. Divers who are not on the JOS may also be able to participate in weight training and need to speak to the coaching staff.

Additional Belt Spotting – 15 minute sessions are available on Saturdays and can be arranged @ \$25.00 per session.

Private lessons are available as pre-arranged with the coaching staff at the rate of \$50.00 for one hour. The fee for semi-private lessons (2 divers) is \$30.00 per diver for one hour.