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Welcome to Waikato Diving

About Us

Waikato Diving is more than just a sports club—it's a community where friendships grow, families feel welcome, and athletes of all ages discover a sport that excites, empowers, and unites. Run entirely by passionate volunteers, we provide a safe, supportive environment for everyone—whether you're building water confidence, chasing medals, or simply having fun.

If you would like to be involved in Waikato Diving please don't be afraid to reach out.

OUR VALUES

- Respect
- Safety and wellbeing
- Inclusiveness
- Responsibility
- Commitment to Te Tiriti o Waitangi

General Information

FACILITY INFORMATION

Waikato Diving is based at Hamilton's only dive pool, springboard & platform facility, Waterworld Te Rapa, 61 Garnett Ave, Forest Lake, Hamilton. As of the 20/08/2025 Waterworld does not require you or the diver to pay an Entry Fee when using the facility for our Diving purposes ONLY. If you wish to use the other facilities and/or Pools, you are required to pay for these.

Please note a Lifeguard may challenge you if they see that you have entered another pool from diving, we recommend asking for a receipt when you pay for admission of the other pools.

SUPERVISION

Waterworld Te Rapa, require any diver under the age of 14 years to be accompanied by a guardian/parent upon entry to the complex and down to dive pool, with active supervision for divers under the age of 8 years & younger. Once the diver is down at dive pool, they become our responsibility from the time their training/class starts to the time it finishes. Once their class begins, we are happy for you to go to the gym, do lane swimming, or go to the café, however if you chose to leave the facility, please make their coach aware and you must be contactable from the details you provide.



PAYMENTS

Unless otherwise agreed, divers sign up for the term 10 or 11 weeks. We invoice for 5 weeks in approximately week 2 and week 6. We expect full payment on the invoice by due date. We are flexible around payments, so please reach out if you would like to discuss your options.

At Waikato Diving believe in 'if there is a will, there is a way' and don't want our divers to stop if they cannot reach the financial requirements. We do have relationships with organizations like 'The Waterboy' plus other funding options so please get in contact if this is your case.

TRAINING CANCELLATIONS

We may have to cancel training/s for reasons out of our control. We will communicate to the best of our ability with as much notice as possible! Cancellation of trainings that occur day of will be communicated via text to reach you asap, or by call if cancellation occurs either just before or during training.

For events, competitions, planned pool closures we will contact you in advanced via email, and will post reminders on our social media website. Reminders will be communicated throughout the coming weeks to ensure you, and your diver are aware to any changes.

Expectations

EXPECTED FROM EVERYONE

- respect the rights, dignity and value of others
- be considerate and treat everyone fairly and equally
- be a positive role model
- not behave in a way that is discriminatory, bullying, harassing, racist, sexist, violent, abusive or otherwise inappropriate towards others, in person or online
- ensure safe and healthy practices at all times follow this code and Waikato Diving's other policies and procedures

EXPECTED FROM WDCIS

- support divers to reach their full potential, keeping in mind their individual talents, developmental stages and sporting goals.

- provide all divers in a class/squad with equal attention and opportunities
- make sure all equipment and facilities meet health and safety standards

EXPECTED FROM DIVERS

- be respectful of and refrain from arguing with or abusing officials, coaches, team managers, teammates, and other competitors
- to communicate their feelings, injuries with coaches when required regarding diving.
- not to leave during classes unless instructed or without speaking to a coach

EXPECTED FROM PARENTS/CAREGIVERS

- to approach a coach at the end a session if they wish to discuss anything, to avoid interrupting a session which impacts all the divers, as well as the coach.
- to alert coaches with any concerns you may have, or any need to know injuries that your diver may have that could affect their training.

DISCIPLINARY PROCEDURE

If values are not adhered to or inappropriate behaviour displayed then a verbal warning will be given in the first instance with parental advice, if the behaviour continues it will be followed by a written warning with parental meeting, a third occurrence will result in dismissal from the squad.

FEEDBACK

Our volunteer coaches aim to keep track of how the divers are progressing throughout the term. While coaches can provide feedback, we do understand that sometimes parents may have extra questions on how your diver is progressing or what competitions your diver should aim for. Please address either the Operations Manager, Senior Coach, or Club Chairperson for more details.

Learn to Dive

OBJECTIVE

Our main goal is for divers to have fun whilst learning new skills. Waikato Diving is currently transitioning to using a mix of Auckland Diving, Waikato Diving grades and Diving New Zealand Skills Testing.

CLASS INFORMATION

Our lessons follow a mixture of grade programs and national skills testing, we start with classes that teach the basics and fundamental skills necessary to perform to Grades 1, 2 and 3 which run for 45 mins (usually run closer to 55 mins to allow flexibility for parents and give the divers free time at the end of their lesson).

VOLUNTEER COACHES

You may sometimes see younger coaches taking these classes, please be assured they have quite an extensive background in the sport of diving. We will always have a senior coach and first aid trained member of staff on poolside. If there are more than 6 divers in a class then divers will be assigned to separate coaches.

FEE BREAKDOWN

Lessons Per Week	X 1	X 2
Learn To Dive	\$16.50	\$27.50
Recreational Casual Fee	\$22.50	\$33.50

MISSED TRAININGS

If your diver cannot make one of their classes due to illness, injury or factors outside of your control (personal reasons), please text our operations Manager and book in a time for a make-up lesson. We strongly suggest attending a makeup lesson within the two weeks of the missed lesson as you will still be charged for that lesson and the makeup lesson will not be transferred over to the following term.

Circumstances that involve - Major Injuries or sicknesses: Breaks, dislocation, major tears in muscles, tendons, long covid, health issues, influenza etc, where the diver will be out for 3 or more weeks, then we will credit any payments to the next invoice and will not charge until the diver returns.

SCHEDULED CLASS TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEARN TO DIVE	5:00-5:45pm	4:00-4:45pm 5:00-5:45pm	4:00-4:45pm 5:00-5:45pm	5:00-5:45pm	6:00-6:45pm	10:00-10:45am
SCHOOL GROUPS			1:30-2:30pm 2:30-3:30pm			
RECREATIONAL - UNDER 25				4:30-6:30pm		9:00-11:00am
MASTERS DIVE					5:30-7:00pm	9:00-11:00am

GRADE SYSTEM

We want the divers to progress when they are ready and would rather see them have high quality in each level before progressing. We are more concerned about their skill quality rather than which grade they are performing. All lessons at this level are conducted in the dive pool, there may be times where the Learn to Dive coaches will get the divers to warm up outside the pool.

PATHWAY

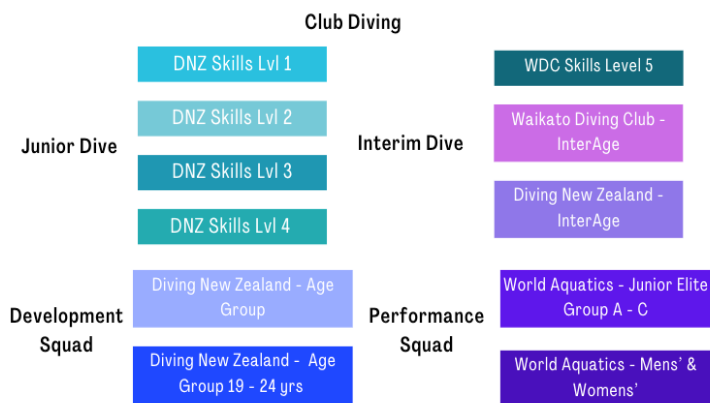
If divers do not wish to compete or join the club, they are welcome to stay within the Learn to Dive classes and continue to learn **Grades 4 & 5**. Depending on if they would like to join the club after they have completed all Grades, they can either join the recreational divers in the **Rec 14 - 25 years class** that will be tailored towards a more open style approach to training with the diver deciding what they would like to do each session.

Learn To Dive

Grades	Recreational
GRADE 1	Rec 14 - 25 years
GRADE 2	Rookie Masters
GRADE 3	Masters
GRADE 4	
GRADE 5	

For divers who would like to compete in national events there is a testing period at the end of each term where a senior coach will take note on the divers progress and will get them to complete Grade 3 with an average score of 6-7 before being invited into the **Club's Junior Dive** to

continue the development of National Skills Testing 1 – 4.



For all enquires and information please contact us via the email – waikato.diving.vw@gmail.com or phone – +64 27 600 2201

Additional Information

GRADE SKILLS

Learn to Dive: Grade 1

1m	3m	Low Poolside
Front Jump Pike	Front Jump Straight	Front Lineup Pike (standing, hands grabbed)
Front Jump Tuck	Front Jump Tuck	Front – Push, glide & roll.
Back Jump Straight	Front Jump Pike	Back - Push Glide and Roll
Back Jump Tuck	Back Jump Straight	Crouching Front Tuck Rolls
Hands Grabbed – Front Tuck Roll	Back Jump Tuck	Closed - Back Pike Sit

Learn to Dive: Grade 2

1m	3m	Low Poolside
(part arm swing) - Jump Pike	(part arm swing) Front Jump Straight	Front Pike Wedge
Part arm swing - Back Jump Pike	(part arm swing) Front Jump Pike	Back Jump Straight (crouching)
1/2 Step hurdle, arms up - Front Jump Straight	(part arm swing) Front Jump Tuck	Front Lineup Pike (jumping, three bubble entry)
Front Pike Lineup (hands grabbed)	(part arm swing) Back Jump Straight	Ladder (Spot) – Back Lineup Straight
Back Tuck Roll (sitting)	Front Lineup Tuck (hands grabbed)	Arms Up Crouching – Push Dive Roll

Learn to Dive: Grade 3

1m	3m	Poolside
Double Bounce - Front Jump Straight	Front Jump Pike (T.I.O)	Pop Jump – Front Dive Straight (three bubble entry)
1/2 Step hurdle, arms up - Front Jump Pike	Back Jump Straight (T.I.O)	Crouching – Back Dive Straight
Front Jump Tuck T.I.O	Back Jump Tuck (T.I.O)	Dish kick - Back Tuck Roll (Low PS)
Back Jump Straight T.I.O	Front Line Up Tuck	Extended - Back Pike Sit
Back Lineup Straight (hands apart)	Front Lineup Pike – hands apart	Back - Jump Straight Full Twist

Learn to Dive: Grade 4

1m	3m	Poolside
Front Jump Straight (1 step hurdle no arm swing)	Triple bounce – Front Jump Straight	Push Dive (three bubble entry- hands apart)
Quad bounce - Front Jump Straight	(arm swing) – Back Jump Straight	Inward Pike Wedge
Back Jump Tuck (arm swing)	(arm swing) – Back Jump Pike	Back Tuck to Wedge
Standing Front straight (3-5 rock part arm swing)	Front Lineup Tuck (pike out)	Reverse Tuck to Wedge
Double Bounce Arms Up - Front Dive Tuck	Back Lineup Straight (arms up)	½ crouch - Back Dive Straight

Learn to Dive: Grade 5

1m	3m	5m
2 Step hurdle - Front Jump Straight	Front Lineup Straight	T.I.O - Front Jump Pike
Quad bounce - Front Jump Pike	Front Lineup Pike (sitting wrapped)	T.I.O - Front Jump Tuck
Double bounce - Back Jump straight	Front Lineup Tuck	T.I.O - Back Jump Straight
T.I.O 3 rocks - Back Jump Pike	Back Lineup Straight (arms down)	T.I.O - Back Jump Tuck
No arm swing double bounce - Front Dive Tuck	Back Lineup Tuck	T.I.O – Back Jump Pike

Registration

WHAT WE NEED FROM YOU!

Diver Information

- Full Name
- Date of Birth (D.O.B)
- Any previous injuries that could be aggravated while training.
- Any health issues that we should be made aware of or persistent ear infections.
- The ok/not ok for photos to be taken and used for social media posts or on our website.

Emergency Contact Information

- Full Name
- Relationship to the Diver (Mum/uncle)
- Contact Number
- Email for Correspondance and Invoicing.

Being a club under Diving New Zealand (DNZ), we are required by the organisation to provide Divers: Name & D.O.B for statistical purposes. If you would like us to share your information with them please let us know.

Key Contacts

- Operations Manager – Danny Hallen
- Chair – Georgia Hallen