Competitive Diving Team & Diving Lessons

REVISED
11-07-16

The St. Louis Dive Club and the St. Peters Rec-Plex offer professional instruction in the art of springboard and platform diving to a wide range of skill levels, from lessons for absolute beginners to a national level training program for dedicated athletes. Instruction is provided by the U.S. Diving Safety certified-staff of the St. Louis Dive Club, a registered U.S. Diving program established in 1996. When you enroll in one of our diving programs, you will enjoy exceptional coaching, world-class facilities and the thrill of learning to "fly."

When it comes to diving, the Rec-Plex is one of the nation's premier facilities, serving as host to such prestigious events as the nationally televised 2004 U.S. Olympic Diving-Team Trials, 2000 USA Olympic Diving Team Tour, the 1999 U.S. Diving West National Championships, and the 1994 U.S. Olympic Festival.

For information on classes and teams please call Greg Triefenbach at 636-373-2908.

Please note that all registrations for lessons and team dues are collected by the team's administration. Fees are not processed at the Rec-Plex front desk or through Rec-Connect.

Visit www.stldiving.com for more information.