

### EVOLVE LEVEL 3, audioscript for Unit Quiz 12B

Ben: Good morning! Before we start today's swimming lesson, I want to tell you about some changes to the opening hours. From Monday to Friday, we are open from 7:30 a.m. to 9:00 p.m., and the pool closes at 8:00 p.m. No change there. On Saturdays, we open at the same time, but now we are open an hour longer than before. You can swim until 1:30 p.m., and the center closes at 2:30 p.m.

Next. We have a new instructor named Mary, and she'll be giving a new class called Aquafit – this is a class where you exercise in the water. It's good if you have damaged your knees or have back problems. The classes cost ten dollars each, which is the same as the other classes. Mary told me the classes were usually very popular. It's a good idea to sign up in advance because the maximum class size is thirty people.

OK? Great. Today we are going to concentrate on how to dive, so please everyone, get out of the pool and stand by the side. Some people are terrified of diving, but if you practice, it is actually very easy. We are going to dive first from a sitting position. OK, so, everyone, sit on the edge of the pool with your feet in the water and against the wall. Put your arms up straight, and put your hands together. Your arms should touch your ears. Good. Now move the top part of your body forward and down, so your arms are close to the water. It's important for your fingers to be the first thing to touch the water. Ready? OK. Dive!