

YORK SYNCHRONIZED SWIM CLUB

Fall Winter Spring 2007 - 2008

Recreational Program Information

AQUASQUIRTS

10 weeks – 45 minutes/week

A play-based, water orientation program, to help develop swimming skills in a creative and imaginative atmosphere. This program is designed for beginner swimmers ages 5 – 7 years of age with AquaQuest 4 or equivalent.

LOCATION	DAY	TIME	COST
Aurora Recreation Center 1400 Wellington St E, Aurora	Tuesday OR Thursday	6:15pm – 7:00pm	\$65*
Magna Recreation Center 640 Mulock Drive, Newmarket	Saturday	1:00pm – 1:45pm	\$65*

*Includes – Nose clip.

INTRO TO SYNCHRO

10 Weeks – 1 hr/week

Participants will be introduced to the fundamental skills, basic figures and various routine components of early synchronized swimming, in addition to other disciplines aimed at improving strength, coordination and flexibility.

This program follows the progression through the Synchro Canada Star levels. Swimmers also develop routine skills to swim to selected music.

LOCATION	DAY	TIME	COST
Aurora Recreation Center 1400 Wellington St E, Aurora	Tuesday OR Thursday	6:30pm – 7:30pm	\$125*
Magna Recreation Center 640 Mulock Drive, Newmarket	Friday	6:30pm – 7:30pm	\$125*
Richvale Recreation Center 160 Avenue Rd, Richmond Hill	Saturday	4:00pm – 5:00pm	\$125*

*Includes – Club bathing cap, nose clip and 1st Star Pin.

FULL SEASON RECREATIONAL

September – May - 2 hr/week

Participants will be introduced to the fundamental skills, basic figures and various routine components of early synchronized swimming, in addition to other disciplines aimed at improving strength, coordination and flexibility.

Specifically structured to permit all levels of participation - from inexperienced to skilled - casual to keen - while ensuring all swimmers are equally challenged to reach their full potential.

This program offers the opportunity for swimmers to demonstrate their newly acquired skills in club water shows and local recreational competitions.

LOCATION	DAY	TIME	COST
Aurora Recreation Center 1400 Wellington St E, Aurora	Tuesday OR Thursday	6:30pm – 8:30pm	Monthly payments available
Magna Recreation Center 640 Mulock Drive, Newmarket	Friday	6:30pm – 8:30pm	Monthly payments available