



Recreational Program 2010 Intro to Synchro Information Sheet

The Nepean Synchro Swim Club's Recreational Program will introduce swimmers to Synchronized Swimming. The goal of the Recreational Program is to develop new and beginner synchro swimmers' skills, which will prepare them for the competitive program.

This Introduction to Synchro class will develop swimmers' comfort in the water, basic sculling skills and basic synchro positions. The Intro to Synchro winter program offers a mid-year entry opportunity for swimmers interested in trying synchronized swimming.

The Intro to Synchro practices are 1.5 hours for 15 weeks, for the cost of **\$190.00**. Classes run from January 9, 2010 to April 24, 2010. (With one week off at March Break)

<u>Class</u>	<u>Practice Day/Time</u> (1.5 hours/week)		<u>Pool</u>	<u>Start Date</u>	<u>End Date</u>
Intro to Synchro: for swimmers who are new to synchronized swimming (minimum AquaQuest 7 / Swimmer 4)					
Intro	Saturday	6:00pm to 7:30pm	Pinecrest*	January 9, 2010	April 24, 2010

* please note that this Saturday class at Pinecrest Pool will switch over to the Walter Baker pool as of March 27, 2010. (Saturdays 4-5:30pm)

- **class schedules** (including cancelled/rescheduled classes due to holidays, other events at the pool or the competitive schedule) will be posted on the club website (www.nepeansynchro.com) – **all club members are responsible to check their email and the website for scheduling and club information** (if you do not have access to the internet or email, please let us know)
- **classes may be cancelled or rescheduled with short notice due to circumstances beyond the control of the Nepean Synchro Swim Club (for example, bad weather, power outage, pool closure) (if unable to reschedule, the club will not be held responsible)**
- if any of your contact information changes during the year, please let us know by email (rec@nepeansynchro.com)
- **equipment required**: one-piece swimsuit, bathing cap, goggles, nose plugs
- parents are asked to not remain on the pool deck beside the pool during practice, since it is distracting for many of the swimmers (there is a viewing gallery, if you wish to stay close by)
- Star Testing will be done in April, 2010
- Swimmers will be invited to attend Nepean Synchro's Year End Watershow, which showcases Nepean's competitive and recreational swimmers, on Saturday, May 1, 2010, at 7:00pm at the Nepean Sportsplex. Unfortunately, this 15 week Intro to Synchro program does not allow the time to prepare a routine to perform at the watershow.



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Registration:

- Done by regular mail, on a first come first served basis.
- class size will be limited to 8, with a minimum of 4. **(there must be 4 participants to run this class)**
- you will receive an email confirmation before the first class
- the club reserves the right to cancel this class subject to enrolment
- please mail the completed Registration Form, Photograph and Information Permission Form, and Synchro Ontario Participant's Agreement and Medical Waiver Form (all available on the club website), along with payment
- **there will be no refund once the classes begin**
- there will be a \$35 fee for NSF cheques
- nose clips and swim caps may be purchased through the club
- please mail completed forms and cheque by January 5, 2010 to:
Sue Tinneberg, 1143 Howie Road, Carp, Ontario, K0A 1L0
- for further information, contact Sue, by email (rec@nepeansynchro.com) or phone (613-831-2166)