



Recreational Program 2009-2010 Information Sheet

The Nepean Synchro Swim Club's Recreational Program will introduce swimmers to Synchronized Swimming. Beginner level classes develop swimmers' comfort in the water, basic sculling skills, and basic synchro positions. As levels increase, further skill development will continue. Swimmers will be taught a routine based on their abilities to be performed at the year end watershow. The goal of the Recreational Program is to develop new and beginner synchro swimmers' skills, which will prepare them for the competitive program.

Nepean Synchro's Recreational Program practices are 1.5 hours per week for Levels 1 and 2, for the cost of \$475.00, and 2 hours per week for the Level 3/4 classes, for the cost of \$575.00. Classes run from early October through to the end of April / beginning of May. (The fee includes the cost of a Routine Suit and Star Testing).

Swimmers can register for one of the following classes based on their experience:

<u>Class</u>	<u>Practice Day/Time</u> (1.5 hours/week)		<u>Pool</u>	<u>Start Date</u>	<u>End Date</u>
Level 1: for swimmers who are new to synchro or have not yet passed Star 1 (minimum AquaQuest 7 / Swimmer 4)					
1W	Wednesday	4:30pm-6:00pm	Walter Baker	September 31, 2009	May 01, 2010
1T	Thursday	4:30pm-6:00pm	Walter Baker	October 01, 2009	May 01, 2010
1S	Saturday *	5:45pm-7:15pm 4:00pm-5:30pm	Pinecrest (Oct-Mar) Walter Baker (Mar-Apr)	September 26, 2009	May 01, 2010
Level 2: for swimmers who have already passed Star 1					
2F	Friday	4:30pm-6:00pm	Walter Baker	October 02, 2009	May 01, 2010
Level 3/4: for swimmers who have already passed Stars 2 and up					
3/4F	Friday	4:00pm-6:00pm	Walter Baker	October 02, 2009	May 01, 2010
3/4S	Saturday*	5:45pm-7:45pm 4:00pm-6:00pm	Pinecrest (Oct-Mar) Walter Baker (Mar-Apr)	September 26, 2009	May 01, 2010

* please note that the Saturday classes at Pinecrest Pool will switch over to the Walter Baker pool as of March 27, 2010.

- **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
- a Routine Suit, to be worn only at the Year End Show, is included in the fees (will be fitted and made early in the new year)
- parents are not allowed to remain on the pool deck beside the pool during practice, since it is distracting for many of the swimmers (there are designated viewing areas at both pools, if you wish to stay close by)
- Star Testing will be done in late February or early March 2010
- **The Year End Watershow will be held at the Nepean Sportsplex, on May 01, 2010, at 7:00pm. All recreational classes and competitive teams will perform at this show!**



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Registration:

- Walter Baker Sports Centre, Barrhaven, 2nd floor, Saturday August 29, 2009, 9am to 11:45am
- class size is limited and will be filled on a first come first serve basis, with priority being given to in-person registrations
- you will receive an email confirmation before the first class
- the club reserves the right to cancel or change practices times subject to enrolment
- please bring 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
- payment can be made in full (\$475/\$575) or in two payments of \$237.50/\$287.50, with the 2nd cheque post dated to December 15, 2009 – **cheques only please, made payable to "Nepean Synchro Swim Club"**
- **refunds will only be made up until December 31, 2009 and will be pro-rated less an administrative fee of \$25**
- there will be a \$35 fee for NSF cheques
- synchro equipment and club merchandise can be ordered at registration
- if unable to attend registration in person, please mail completed forms and cheque(s) by September 15, 2009 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)