

Nepean Synchro Swim Club

**Summer Synchro Registration Form**

July 20<sup>th</sup> to Aug 26<sup>th</sup> 2010

|  |             |
|--|-------------|
| <b>Swimmer Name:</b>                                   | <b>Age:</b> |
| <b>Parent(s) Name:</b>                                 |             |
| <b>E-mail address:</b>                                 |             |
| <b>Telephone:</b>                                      |             |
| <b>Star Level achieved (for new to comp swimmers):</b> |             |
| <b>Years in Synchro:</b>                               |             |
| <b>2009-10 Rec or Comp Coach:</b>                      |             |

**Please circle the class(es) of your choice (age group refers to team age group for the 2009-10 season).**

| <b>Tuesday<br/>8:15-9:45 pm<br/>13-15; 16+</b> | <b>Wednesday<br/>4:30-6:00 pm<br/>10 &amp; under; 11-12<br/>New to Comp</b> | <b>Thursday<br/>4:30-6:00 pm<br/>10 &amp; under; 11-12<br/>New to Comp</b> | <b>Thursday<br/>8:15-9:45 pm<br/>13-15; 16+</b> |
|--|---|--|---|
| July 20 <sup>th</sup><br>General Practice      | July 21 <sup>st</sup><br>General Practice                                   | July 21 <sup>st</sup><br>Sculls  | July 22 <sup>nd</sup><br>Sculls                 |
| July 27 <sup>th</sup><br>General Practice      | July 28 <sup>th</sup><br>General Practice                                   | July 29 <sup>th</sup><br>Core Strength                                     | July 29 <sup>th</sup><br>Core Strength          |
| Aug 3 <sup>rd</sup><br>General Practice        | Aug 4 <sup>th</sup><br>General Practice                                     | Aug 5 <sup>th</sup><br>Presentation  | Aug 5 <sup>th</sup><br>Presentation             |
| Aug 10 <sup>th</sup><br>General Practice       | Aug 11 <sup>th</sup><br>General Practice<br>(Try Synchro)                   | Aug 12 <sup>th</sup><br>Boosts<br>(Try Synchro)                            | Aug 12 <sup>th</sup><br>Boosts                  |
| Aug 17 <sup>th</sup><br>General Practice       | Aug 18 <sup>th</sup><br>General Practice<br>(Try Synchro)                   | Aug 18 <sup>th</sup><br>Flexibility<br>(Try Synchro)                       | Aug 19 <sup>th</sup><br>Flexibility             |
| Aug 24 <sup>th</sup><br>General Practice       | Aug 25 <sup>th</sup><br>General Practice<br>(Try Synchro)                   | Aug 26 <sup>th</sup><br>General Practice<br>(Try Synchro)                  | Aug 26 <sup>th</sup><br>General Practice        |

All classes are \$15.00. Please make cheques payable to Nepean Synchro Swim Club.  
 All beginners are welcome to join the "Try Synchro" classes, August 11<sup>th</sup> to 26<sup>th</sup>  
 Sorry no "drop ins." All forms are to be mailed to Jessica Graham before July 15<sup>th</sup>, 2010

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