

**CRESCENT BEACH SWIMMING CLUB  
ARTISTIC SWIMMING - RECREATIONAL  
SUMMER 2020**

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**We are changing the name of our program from Synchro to Artistic Swimming to follow changes introduced previously with the world governing body, FINA. It is one of many changes this summer; please review the information below for other changes.**

**RECREATIONAL ARTISTIC SWIMMING / Fee \$90 per month**

Recreational Artistic Swimming is a fun way for swimmers to explore their talents in a new water sport and express their creativity at the same time. Swimmers can join artistic swimming when they are at least 7 years of age and must be comfortable swimming 50m. There are lessons every weekday, except Wednesday. **This year all artistic swimming lessons will be at the CBSC main pool, Star 1 and 2 will be in the kiddie pool.**

Lesson times are:

Star 1 & 2	2:30pm -3:00pm
Star 3, 4 &5	3:30pm - 4:10pm
Star 6, 7, 8 & 9	4:20pm - 5:00pm

In July lessons, swimmers will learn new skills and figures, and in August lessons, swimmers will learn an appropriately physically distanced routine to perform at the Artistic Swimming Show on Thursday, August 22<sup>nd</sup>. The Artistic Swimming show this year will have a very different format and details will be released as they develop. As the focus of the August lessons is on the Artistic Swimming Show, it is challenging to have beginners join in August only as there is not enough time to teach the basic skills along with the show choreography. Should you wish to only register in Artistic Swimming for one month, please do so in July.

**Thursday, August 22<sup>nd</sup>, TBA: Artistic Swimming Show**

Swimmers will need a nose plug, bathing suit and swim cap for lessons. We highly recommend that swimmers have a black bathing suit for artistic swimming, you can purchase a CBSC suit through the club or any other plain black suit will do fine.

All swimmers must bring a water bottle, goggles, and towel to practice. Those with long hair must also bring a swim cap. We encourage all artistic swimmers to wear swim caps at all practices. No swimmer will be permitted to share ANYTHING with other swimmers or with coaches. Hand sanitizing stations will be at the pool and we ask all swimmers to wash their hands before you arrive at the pool.

We look forward to working with your artistic swimmers this summer! If you have any questions, please feel free to contact the Head Artistic Swimming Coach Amelia Statnyk or the Artistic Swimming Manager, Cynthia Springate.

*Head Artistic Swimming Coach: Amelia Statnyk*

*Recreational Artistic Swimming Coaches: Amelia Statnyk, Ruby Kramer, Mae Montgomerie, Eva Messcu, Stella Zandstra, Charley Tepper and Raya Hartshorne*

*Artistic Swimming Manager: Cynthia Springate [cynthia.springate@shaw.ca](mailto:cynthia.springate@shaw.ca)*