

**CRESCENT BEACH SWIMMING CLUB  
RECREATIONAL SYNCHRO  
SUMMER 2018**

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**RECREATIONAL SYNCHRO / Fee \$85 per month**

Recreational synchro 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 synchro when they are 8 years of age and can swim one length of the pool (7 year olds who can swim 50m can also participate). There are lessons every weekday, except Wednesday, at the Mathisen Farm pool located at 12335 Sullivan St. As this is a private family's residence, parents are not able to watch synchro lessons. **Please note the changes in lesson times for 2018.** Lesson times are:

9:00am-9:25am:	Star 4
9:30am-9:55am:	Star 5 & Star 6
10:00am-10:25am:	Star 3
10:30am-10:55am:	Star 1 & Star 9
11:00am-11:25am:	Star 2
11:30am-11:55am:	Star 7 & Star 8

In July lessons, swimmers will learn new skills and figures, and in August lessons, swimmers will learn a routine to perform at the Synchro Show on Thursday, August 23<sup>rd</sup>. Some other important synchro dates are:

**Tuesday, July 17<sup>th</sup>, 12:30pm-2:00pm:** Banana Split Day

Ice Cream Social for the swimmers to show off their splits and get to know people in different star levels than themselves

**Sunday, August 19<sup>th</sup>, 5:00pm-8:30pm:** Pizza Night

Dress rehearsal for the Synchro Show; swimmers will need to bring their costumes (TBA) and \$5 for pizza

**Wednesday, August 22<sup>nd</sup>, 10:15am-12:00pm:** Dress Rehearsal

Dress Rehearsal for the Synchro Show; swimmers will need to bring their costumes

**Thursday, August 23<sup>rd</sup>, 7:00pm:** Synchro Show

Girls will need their costumes and they will need to arrive early, exact time TBA

We look forward to working with your synchronized swimmers this summer! If you have any questions, please feel free to contact Head Synchro Coach Nora O'Callaghan or Synchro Manager, Cynthia Springate.

*Head Synchro Coach:* Nora O'Callaghan

*Recreational Synchro Coaches:* Nora O'Callaghan, Liv Miller, Amelia Statnyk, Phoebe Miller, Penny Montgomerie, Olivia Hill

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

## The Mathisen Pool – Guidelines

The Mathisen family kindly donates their private swimming pool to the CBSC synchro program every year. This is a very generous gift and we would appreciate that everyone follows the guidelines below to ensure the safety of our synchro swimmers and to respect the privacy of the Mathisen family.

1. No parents are allowed past the gate. We ask that you drop your swimmer off at the gate and allow her to walk in by herself. On the first day, coaches will be at the gate to escort the swimmers to the pool. If you would like to have a look at the pool on the first day, coaches can escort you down to the pool.
2. Please do not park in front of the gate or block access to the driveway.
3. There are dogs and ponies on the property! Please always close the pedestrian gate behind you.
4. Please ensure no items, including garbage, are left behind.
5. Swimmers should not linger on the Mathisen property before or after their lesson.

We also want to stress that there can be busy vehicle traffic in front of the Mathisen gate. Safety is always our priority, so please make sure your child uses caution when arriving or leaving the pool.

If you have any questions, please do not hesitate to contact Cynthia at [cynthia.springgate@shaw.ca](mailto:cynthia.springgate@shaw.ca)

We thank you for following these guidelines!