

**CRESCENT BEACH SWIMMING CLUB
RECREATIONAL SYNCHRO
SUMMER 2019**

RECREATIONAL SYNCHRO / Fee \$90 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 7 years of age and can swim 50m. 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.

Lesson Schedule

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

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 22nd. As the focus of the August lessons is on the Synchro 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 synchro for one month, please do so in July. Some other important synchro dates are:

Tuesday, July 16th, 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

Sunday, August 18th, 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 21st, 10:15am-12:00pm: Dress Rehearsal

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

Thursday, August 22nd, 7:00pm: Synchro Show

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

Girls will need a nose plug, bathing suit and swim cap for lessons. We highly recommend that girls have a black bathing suit for synchro, you can purchase a CBSC suit on registration day or any other plain black suit will do fine.

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, Amelia Statnyk, Phoebe Miller, Ruby Kramer, Penny Montgomerie, Stella Zandstra, Mae Montgomerie

Synchro Manager: Cynthia Springate 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 arrive more than 5 minutes prior to your lesson. This is especially important for the 9am lessons as there are no lifeguards on duty until the coaches arrive.
3. Please do not park in front of the gate or block access to the driveway.
4. There are dogs and ponies on the property! Please always close the pedestrian gate behind you.
5. Please ensure no items, including garbage, are left behind.
6. Swimmers should not loiter 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 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.springate@shaw.ca

We thank you for following these guidelines!