

**CRESCENT BEACH SWIMMING CLUB
ARTISTIC SWIMMING - RECREATIONAL
SUMMER 2021**

Welcome to a fun summer of artistic swimming (formerly known as synchro!)

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

Star 1	7-8 years old
Star 2	8-9 years old
Star 3	9-10 years old
Star 4	10-11 years old
Star 5	11-12 years old
Star 6	12-13 years old
Star 7	13-14 years old
Star 8	14-15 years old
Star 9	14-16 years old
Star 10	14-16 years old

Star Levels are meant to be taken in order; however, some swimmers join our program a bit later than others. Because we are all about fun, we are fine with swimmers catching up with their age groups. If their swimming skills are strong, they can usually catch up quickly. Here are the suggested ages per star level.

In July lessons, swimmers will learn new skills and figures, and in August lessons, swimmers will learn a fun routine to perform at the Artistic Swimming Show on Thursday, August 26th. 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.

Save the Dates:

Tuesday, July 20th - Banana Split Day (in regular lesson timeslot)

Sunday, August 22nd 5:00pm - 8:30pm - Artistic Swimming Show dress rehearsal

Wednesday August 25th - 9:45am - 11:30am - Artistic Swimming Show Final dress rehearsal

Thursday, August 26th: Artistic Swimming Show

Swimmers will need a nose plug, bathing suit and swim cap for lessons. We highly recommend that girls 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 and towel to practice. Those with long hair must also wear a swim cap or tie their hair back. We encourage artistic swimmers to wear swim caps at all practices.

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 Ruby Kramer or the Artistic Swimming Manager, Cynthia Springate.

Head Artistic Swimming Coach: Ruby Kramer artisticswimming@cbswimclub.ca

Recreational Artistic Swimming Coaches: Ruby Kramer, Mae Montgomerie, Eva Messcu, Charley Tepper, Raya Hartshorne, Natalie Cooke, Sally Montgomerie

Artistic Swimming Manager: Cynthia Springate cynthia.springate@shaw.ca