

**CRESCENT BEACH SWIMMING CLUB  
ARTISTIC SWIMMING - RECREATIONAL  
SUMMER 2023**

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

**RECREATIONAL ARTISTIC SWIMMING / Fee \$100 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. Recreational artistic swimming lessons will be at the Mathisen Pool, located at 12335 Sullivan St.

Lesson times are:

Star 1 & Star 9/10	11:00am - 11:30am
Star 2	11:30am - 12:00pm
Star 3	9:00am - 9:30am
Star 4 & 5	9:30am - 10:00am
Star 6 & 7	10:00am - 10:30am
Star 7 & 8	10:30am - 11:00am

Suggested ages per Star level:

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.

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 24<sup>th</sup>. 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 13<sup>th</sup> - Banana Split Day CBSC Pool (Time TBA)**

**Sunday, August 20<sup>th</sup> 5:00 pm - 8:30 pm - Artistic Swimming Show dress rehearsal & Pizza Night CBSC Pool**

**Wed. August 23<sup>rd</sup> - 9:45 am - 11:30 am - Artistic Swimming Show Final dress rehearsal CBSC Pool**

**Thursday, August 24<sup>th</sup> - Artistic Swimming Show - CBSC Pool**

Swimmers will need a nose plug, a bathing suit, and a 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 Coach Eva at [artisticswimming@cbswimclub.ca](mailto:artisticswimming@cbswimclub.ca)

*Head Artistic Swimming Coach: Eva Messcu*

*Recreational Artistic Swimming Coaches: Charley Tepper, Raya Hartshorne, Sally Montgomerie, Indigo Twigg,  
Cameron Forrest*

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

## The Mathisen Pool – Guidelines

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

1. No parents are allowed on the property. We ask that you drop your swimmer off at the gate. On the first day, coaches will be at the gate to escort the swimmers to the pool.
2. Please do not congregate on the driveway or wait near the gate as this entrance is used by many people in the morning and we are concerned about safety. We ask that you wait to the east of the entrance near the bus stop for your swimmer and use the crosswalk to cross Beecher/ Sullivan Street.
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 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.springate@gmail.com](mailto:cynthia.springate@gmail.com)

We thank you for following these guidelines!