



steinbach
synchro with



www.steinbach.ca
www.aquaticasynchro.com

Program Information:

Join this summer synchro camp geared toward both new and returning synchro swimmers 8-15 years old. Whether you've been on a synchro team or in lessons before, or you just love to flip, turn, and dance around in the pool, this is the camp for you!

Summer Synchro Camp 2011 ~ July 11-15

Mon. to Fri. from 9:00 am - 12:00 pm.
Location: Steinbach Aquatic Centre outdoor pool
Cost: \$125 per swimmer
Prerequisites: SK3 complete & confidence in deep water

Begin with the basics. You'll learn and improve upon the fundamentals of floating, sculling, figures, and creating mini-routines! Time will be spent focused on increasing fitness, strength, flexibility, balance and poise through group work both in and out of the pool. Bring sneakers and workout clothing for dryland training. A snack will be provided!



Registration Information:

You can register over the phone or in person at the Steinbach Aquatic Centre at (204) 346-6521.



Steinbach Aquatic Centre
330 Park Rd E
Steinbach, MB



Steinbach
Recreation

PLEASE DETACH FORM HERE AND BRING ALONG WHEN YOU REGISTER

Registration Form:

Camp is subject to cancellation due to low registration numbers. **Final day for registration is Monday July 11, 2011.**

Participant Name: _____ Birthdate: _____

Parent / Guardian Name: _____

Email: _____ Home Phone: _____

Address: _____ Cell Phone: _____

_____ Postal Code: _____

Any health concerns / allergies: _____

Emergency Contact: _____ Phone Number: _____

SYNCHRO PROGRAM FALL 2011:



Our 2011-2012 recreational club year will run September - April, and will include at least one routine and one group outing to a competition or watershow in Winnipeg. Dates, times and levels are yet to be confirmed. For more information, contact **Shelly** at the Steinbach Aquatic Centre at **346-6207** or email **skroeker@steinbach.ca**.



For more information on Aquatica's recreational and competitive programs, visit their website at www.aquaticasynchro.com