

WINNIPEG SYNCHRO

2010 Summer Programs



Camp Dates & Times

Half Day AquaStars & AquaSquirts

July 26 - July 30
9:00 am - 12:00 pm
PanAm Pool
Camp Fee: \$140

Half Day AquaStars & AquaSquirts

August 16- August 20
9:00 am - 12:00 pm
PanAm Pool
Camp Fee: \$140

Full Day AquaStars & AquaSquirts

August 16 - August 20
9:00 am - 4:00 pm
PanAm Pool
Camp Fee: \$260

Full Day Competitive Camp

August 23 - August 26
9:00 am - 4:00 pm
Cindy Klassen Recreation Centre
Camp Fee: \$280



Synchronized Swimming...

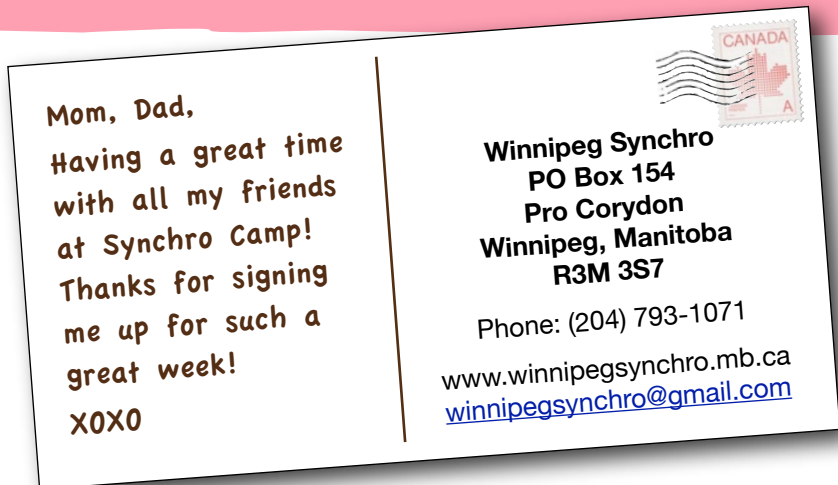
- ✓ combines dance, gymnastics and stamina in the water.
- ✓ builds endurance, strength and power.
- ✓ develops balance and coordination.
- ✓ builds self-confidence
- ✓ requires teamwork.
- ✓ is challenging
- ✓ is fun!

Beginners are more than welcome at the AquaSquirt and AquaStar camps! No synchronized swimming experience is necessary.

The full day competitive program is designed for those with synchronized swimming experience wanting to train at a competitive level.

All day camps involve a combination of dry-land training and pool time. Dry-land training includes dance class, gymnastics, strength training and yoga.

Child care prior to and following camp sessions can be arranged. Please email winnipegsynchro@gmail.com for further information.



Classes are subject to cancellation due to lack of registration.

Summer Camp Registration Form



Registrant Information

Name: _____

Age: _____ Birth Date: ____ / ____ / ____
Month Day Year

Address: _____

Phone: _____

Parent Email: _____

Camp Registration

Half Day: AquaSquirt & AquaStar

July 26 - 30: \$140

August 16-20: \$140

Full Day: AquaStar

August 16-20: \$260

Full Day Competitive

August 23-27: \$280

Send registration form and payment to:

**Winnipeg Synchro
PO Box 154
Pro Corydon
Winnipeg, Manitoba
Winnipeg, Manitoba R3M 3S7**

Please makes cheques payable to "Winnipeg Synchro"

Child care prior to and following camp sessions can be arranged. Please email winnipegsynchro@gmail.com for further information.

