

Royal City Artistic Swimming Club (RSASC)

Fall 2020 Recreation Program

P.O. Box 21063

35 Harvard Road

Guelph, Ontario

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www.guelphsynchroswim.ca

Our Recreation Program is fun and a great way to develop swimming skills. Participants in this program learn the basics of synchronized swimming, including the eggbeater, sculling, basic figures and body positions in a fun-filled environment. Swimmers will be introduced to team concept and team spirit, while learning life-long skills of commitment, discipline, pride, respect, self-esteem and positive body image. In addition, our program is consistent with Synchro Ontario's age-based programming, Canada's Long Term Athlete Development / Sport for Life Initiative to promote healthy activity at all ages.

This program is designed for boys and girls aged 9-12 who are confident in deep water and can swim a width of the pool on their own. Due to COVID19, our instructors cannot be in the water with the swimmers, therefore for their safety the instructor will be doing a swim test at the beginning of the practice.

The lessons are 1.5 hours (30 mins dryland and 60 minutes in pool) for 12 weeks starting on Thursday, October 1st.

The schedule is as follows:

5:45 – 6:15 – Dryland

6:15 – 7:15 – Pool Practice

The Class has a maximum of **5 swimmers**, so register early to ensure your spot!

All lessons take place at the Victor Davis Pool.

Cost: \$360

All swimmers are required to have:

- a one piece bathing suit
- goggles
- swim cap (available for purchase at your first practice)
- nose plugs (available for purchase at your first practice)
- towel(s)
- BIG SMILES!