



CLASS OPTIONS & LOCATIONS DURHAM SYNCHRO SWIM CLUB

2006-2007

Recreational Stream – Program Options & Class Description

September 2006 – June 2007

Synchro Swim Fun 1 – 12 weeks

- Aqua Quest 5 to 7
- Begin to refine the basics of Synchro and develop swim techniques
- 1 hour per week, with a 6/1 coaching ratio

Synchro Swim Fun 2 - 12 weeks

- Continue building of the skills learned in Synchro Fun 1
- 1 hour per week, with a 6/1 coaching ratio
- Completion of the Synchro Fun 1 program is required or proven competence

Learn to Synchro – 24 weeks

- Aqua Quest 7 or completion of Synchro Swim Fun 1& 2
- Swimmers will begin to learn compulsory figures and a routine set to music
- Will participate in the Synchro Ontario Trillium testing program and may earn Trillium level awards
- 2 hour per week program, with an 8/1 coaching ratio
- Optional competition may be offered

Mini Synchro – 6 weeks (May/June)

- Maintain basic synchro skills
- 2 hours per week, coaching ratio 1:8
- Aqua Quest 7 or completion of Synchro Swim Fun 1/2, Learn to Synchro

**** PROOF OF AQUA QUEST LEVEL MAY BE REQUIRED WITH REGISTRATION.****

SWIMMER'S EQUIPMENT:

1. **Bathing caps are mandatory** and swimmers must wear a cap in the pool for all lessons and events
2. **Goggles and nose clips** are required. (Clips may be purchased through the club.)
3. 1-piece bathing suits (polyester) are recommended.
4. All swimmers will receive a Club cap compliments of DSSC at their 1st lesson.

ADDITIONAL COSTS

1. Will include the purchase of a routine suit and hair gelling necessities. (elastics, pins, gelatin) to be worn at the Club Water Show.
2. May include a headpiece or hair accessory. (We attempt to keep all additional costs, i.e. routine suit, to a minimal expense.)

Locations
September 2006 – May 2007
****PICKERING – Dunbarton Pool**

Synchro Swim Fun 1/2

DSSF1F	1 Hr/12 weeks (Fun 1) Sept-Dec	Friday	6 to 7 PM
DSSF2F	1 Hr/12 weeks (Fun 2) Jan-May	Friday	6 to 7 PM

Learn to Synchro

DLSF	2 Hours/24 weeks	Friday	7 to 9 PM
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****WHITBY – Iroquois Pool**

Synchro Swim Fun 1 & 2

ISSF1F	1 Hr program (Fun 1) Sept-Dec	Friday	7 to 8 PM
ISSF1S	1 Hr program (Fun 1) Sept-Dec	Saturday	1 to 2 PM
ISSF2S	1 Hr program (Fun 2) Jan-May	Saturday	1 to 2 PM

Learn to Synchro

ILSF	2 Hr/24 weeks Sept - May	Friday	7 to 9 PM
ILSS	2 Hr/24 weeks Sept - May	Saturday	2 to 4 PM

****OSHAWA – Civic Pool**

Synchro Swim Fun 1 & 2

CSSF1M5	1 Hr/12 weeks (Fun 1) Sept - Dec	Monday	5 to 6 PM
CSSF2M5	1 Hr/12 weeks (Fun 2) Jan - May	Monday	5 to 6 PM
CSSF1M6	1 Hr/12 weeks (Fun 1) Sept- Dec	Monday	6 to 7 PM
CSSF2M6	1 Hr/12 weeks (Fun 2) Jan - May	Monday	6 to 7 PM
CSSF1F	1 Hr/12 weeks (Fun 1) Sept - Dec	Friday	5 to 6 PM
CSSF1F	1 Hr/12 weeks (Fun 2) Jan - May	Friday	5 to 6 PM

Learn to Synchro

CLSM	2 Hr/24 weeks Sept – May	Monday	5 to 7 PM
CLSF	2 Hr/24 weeks Sept – May	Friday	5 to 7 PM

****OSHAWA – Central Pool**

Learn to Synchro

CELST	2 Hr/24 weeks Sept – May	Tuesdays	6:30 to 8:30 PM
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****OSHAWA – Boys and Girls Club**

Learn to Synchro

BGLST	2 Hr/24 weeks Sept.- May	Thursdays	7 to 9 PM
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Mini- Synchro

BGMST	2 Hr/6 weeks May/June(date TBA)	Thursdays	7 to 9 PM
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** Durham Synchro reserves the right to cancel any class due to insufficient registration.

** During the regular season if classes are cancelled we will attempt to make them up at your regular pool location. If this is not possible, we will reschedule at the most convenient time and place available.

Visit our website at www.durhamsynchro.com for more information and to download forms.