



Beaconsfield Synchro

2011-2012



*Promoting fun,
fitness and friendship
through the sport of
synchronized
swimming*

*Beaconsfield Synchro is
proud to offer another
year of competitive and
recreational synchronized
swimming programs*

www.beaconsfieldsynchro.ca

Recreational Programs

SYNCHRO LESSONS (1 hour/week)

This recreational program is offered to swimmers aged 7-11 years who wish to learn and practice basic synchro skills. In addition, swimmers will also perform a short routine that will be showcased at Christmas and year-end shows.

Practice Time: Saturday 1:00-2:00 pm

Fall session: 10 lessons, cost \$95, Starts Oct. 1st.

Winter session: 15 lessons cost \$145, Start date TBA

PRE-COMPETITIVE (3 hours/week)

This program is offered to beginners aged 12 and under who wish to be introduced to the competitive program.

Swimmers will have the opportunity to showcase their routine at various events. The 2011-12 pre-competitive program starts Monday Sept. 26 and ends in late May.

Practice Times: Monday 5-6:30 pm

Saturday 1:00-2:30 pm

Cost: \$ 390

Competitive Programs

NOVICE (5 hours/week)

This program is offered to beginners as well as athletes with a basic synchro background. It is intended for girls aged 12 and under who wish to pursue their interest in a fun competitive team environment. The 2011-12 novice program starts Monday Sept. 26 and ends in late May.

Practice Times: Monday 5-6:30 pm

Wednesday 7-8:30 pm

Friday 4:30-6:30 pm

Cost: \$ 680

DEVELOPMENT & INTERMEDIATE

• SYNCHRO 1 (7 hours/week)

This program is offered to athletes aged 12 to 15 and requires previous synchro experience. It provides a competitive environment while remaining in the development level. The 2011-12 Synchro 1 program starts Monday Sept. 26 and ends in late May.

Practice Times: Monday 7-9 pm

Wednesday 6:30-8:30 pm

Saturday 4-7 pm

Cost: \$ 930

• SYNCHRO 2 (7 hours/week)

This program is offered to athletes aged 14 and under and requires previous synchro experience. It provides a competitive environment while learning and improving synchro skills. The 2011-12 Synchro 2 program starts Monday Sept. 26 and ends in late May.

Practice Times: Monday 7-9 pm

Friday 4:30-6:30 pm

Sunday 7-10 am

Cost: \$ 930

• SYNCHRO 3 (10 hours/week)

This program is offered to swimmers with a good synchro background. Swimmers at this level will develop advanced synchro skills. The 2011-12 Synchro 3 program starts Monday Sept. 26 and ends in late May.

Practice Times: Monday 7-9 pm

Wednesday 6:30-8:30 pm

Saturday 4-7 pm

Sunday 7-10 am

Cost: \$ 1160

• SOLO & DUET (1 hour/week)

Solos and Duets are considered extra routines and will only be offered to athletes who are already registered on a competitive team. Dates for solos and duets TBA.

Cost: Solo - \$ 350, Duet - \$ 230/person

Placement, AGM & Registration

TEAM PLACEMENT SWIMS

There will be 3 placement swims this year. Swimmers must attend all three sessions:

1. **Sat., Aug. 27th, 10am – 12noon, Valois Pool (40 Valois Bay Ave., Pointe-Claire)**

2&3. **Sat., Sept. 17th & Mon. Sept. 19th, 5-7pm, Beaconsfield Recreation Centre (1974 City Lane, Beaconsfield)**

* Be ready to swim (bring your bathing suit, cap and nose plug).

* If you cannot attend a session, contact the Head Coach

REGISTRATION AND AGM

Mandatory registration and the AGM will be held on:

**Sun. Sept. 25th, 4:00 pm
Beaconsfield Recreation Center
1974 City Lane, Beaconsfield**

Notes

- Beaconsfield Synchro offers a 10% discount on the registration cost for a second child (applies to the lesser registration fee).
- Affiliation and competition fees as well as travel costs are not included in the registration fees and may vary between about \$200 and \$1200.
- All prices and dates are subject to change without prior notification.
- Please consult our website for any updates and/or changes to the information in this pamphlet: www.beaconsfieldsynchro.ca



For more information contact us at:
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