



Welcome to the Aurora Synchro Summer Camp

You can expect the Edmonton Aurora Synchronized Swim Club summer camp program to be high quality and to help you get closer to your goals. Swimmers will participate in flexibility, conditioning, synchro specific skills, and fun. We have qualified, experienced coaches, with National Coach Certification Program training and national championship experience. We are committed to providing the best synchro program in a world-class facility to Edmonton and the surrounding area.

On the first day of camp swimmers meet indoors at the south side of the dive tank pool. Tell the cashier that you are with the Aurora Synchro summer camp. Bring clothes suitable for dry land and flexibility training, including running shoes. On Tuesday and Thursday be prepared to go outside for conditioning and games. For beginner camp, be prepared to go outside every day, weather permitting.

The daily program is planned as follows:

Tiers 1 to 7

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 Flex 10-11:30 Pool 11:30-12:30 Stroke improvement	9-10 Dry land 10-12:30 Pool	9-10 Flex 10-11:30 Pool 11:30-12:30 Stroke improvement	9-10 Dry land 10-12:30 Pool	9-10 Flex 10-11:30 Pool 11:30-12:30 Stroke improvement

Beginner Camp

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 Flex 10-11:30 Pool 11:30-12:00 Stroke improvement	9-10 Dry land 10-12:00 Pool	9-10 Flex 110-11:30 Pool 11:30-12:00 Stroke improvement	9-10 Dry land 10-12:00 Pool	9-10 Flex 10-11:30 Pool 11:30-12:00 Stroke improvement
12-1 lunch	12-1 lunch	12-1 lunch	12-1 lunch	12-1 lunch
1-3 Pool 3-4 Games	1-3 Pool 3-4 Games	1-3 Pool 3-4 Games	1-3 Pool 3-4 Games	1-3 Pool 3-4 Games

For the beginner camp, please bring a packed lunch. The cafeteria in the Kinsmen is no longer open. For all swimmers, ensure you have adequate snacks and a water bottle for the day. We expect this to be an enjoyable learning experience for you whether you are trying synchro for the first time or are back in the pool to hone skills.

If you have any questions or concerns about the program, please don't hesitate to contact the club president at president@aurorasynchro.org or visit our website at <http://www.aurorasynchro.org>. If you would like to discuss your swimmer's progress and placement for the fall synchro season, please contact our head coach, Vanessa Keenan, at headcoach@aurorasynchro.org to arrange a meeting.