The recreational program offers young swimmers the opportunity to develop their skills with a basic level of commitment.

 The program is designed for athletes 5-18 years old.

The Aquasquirts classes for younger swimmers are play-based and are designed to help develop basic swimming skills. Our higher

 level classes (star 1-7) teach synchronized swimming skills using the Synchro Canada Star program as well as stroke improvement

 using the Red Cross Swim Kids  program. All swimmers have the opportunity to earn both Synchro Stars and Swim Kids badges

**Recreational Program**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   |   |   |   | **Option # 1 Fall Only** | **Option #2 Full year** |
| **Class** | **Day** | **Location** | **Class Time** | **Fall Session dates** | **Fee (# of Classes)** | **Session Dates** | **Fee ( # of Classes)** |
| AquaSquirts 5-6 years old | Monday | U of R | 6:30-7:30 pm | Sept. 13- Dec. 13 | $125 (13) | Sept. 12-May 16 | $295 (32) |
| Star 1 | Monday | U of R | 6:30:-7:30 pm | Sept. 13- Dec. 13 | $152 (13) | Sept. 12-May 16 | $358 (32) |
| Star 2 | Monday | U of R | 6:30-7:30 pm | Sept. 13- Dec. 13 | $152 (13) | Sept. 12-May 16 | $358 (32) |
| Star 3 | Monday | U of R | 6:30-7:30 pm | Sept. 13- Dec. 13 | $152 (13) | Sept. 12-May 16 | $358 (32) |
| Star 4-5 | Monday | U of R | 6:30-7:30 pm | Sept. 13- Dec. 13  | $152 (13) | Sept. 12-May 16 | $358 (32) |
| Star 1-2 | Tuesday | U of R | 5:30-6:30 pm | Sept. 7- Dec. 14 | $160 (14) | Sept. 7- May 17 | $375 (34) |
| Star 1 | Wednesday | Lawson | 4:30-5:30 pm | Sept. 8- Dec. 15 | $160 (14) | Sept. 5-May 18 | $375 (34) |
| Star 2-3        | Wednesday | Lawson | 4:30-5:30 pm | Sept. 8- Dec. 15 | $160 (14) | Sept. 8-May 18 | $375 (34) |
| Star 1-2 | Thursday | U of R | 5:30-6:30 pm | Sept. 9- Dec. 16 | $160 (14) | Sept. 8- May 19 | $375 (34) |
| Star 1-2 | Friday | U of R | 5:30-6:30 pm | Sept. 10- Dec. 17 | $160 (14) | Sept. 6- May 14 | $375 (34) |
| Star 1 | Saturday | Lawson | 11:00-12:00 am | Sept. 10-Dec. 18 | $160(14) | Sept. 10-May 14 | $375 (33) |
| Star 2-3 | Saturday | Lawson | 11:00-12:00 am | Sept. 10-Dec. 18 | $160 (14) | Sept. 10-May 14 | $375(33) |
| AquaSquirts 5-6 years old | Sunday | Lawson | 5:00-6:00 pm | Sept. 11- Dec. 19 | $125 (13) | Sept. 11-May 15 | $295 (40) |
| Star 1 | Sunday | Lawson | 5:00:-6:00 pm | Sept. 11- Dec. 19 | $152 (13) | Sept. 11-May 15 | $358 (32) |
| Star 2 | Sunday | Lawson | 5:00-6:00 pm | Sept. 11- Dec. 19 | $152 (13) | Sept. 11-May 15 | $358 (32) |

If you have any questions please contact

Head coach

Natalie Good

Natalie\_good@yahoo.ca

* 1st year swimmers 7 and up register for star 1.
* 1st year swimmers 7 and up with Swim Kids 8 or above or with dance, speed swimming or gymnastics background, register for Star 2.
* If your questions are not answered above, contact Head Coach Natalie Good at natalie\_good@yahoo.ca.
* View the [**2021-2021 Recreational Schedule and Fees**](https://www.teamunify.com/canrssc/UserFiles/File/programs-rec-2019-20_007953.pdf)**.**
* [**Online registration**](http://www.teamunify.com/MemRegStart.jsp?team=canrssc)  will be open August 6, 2021.