

# Synchronized Swimming Mini-Camps



Jump into Synchronized Swimming with a mini-camp!

- **Synchro Basics:** Ages 6 & up who've never done synchro.
- **Sea Stars:** Ages 6-10 who've completed Synchro Basics or have prior experience
- **Angelfish:** Ages 11 & up who've completed Synchro Basics or have prior experience

Campers should bring:

- Swim suit and towel (bring an extra towel for stretching on land)
- Goggles and swim cap (or hair in ponytail)
- Sun screen (for Outdoor Splash Park)
- Water bottle
- We will provide each camper with a pair of nose clips (one with each swimmer registered).

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## Camp Descriptions:

**Synchro Basics** (ages 6 & up): Learn fundamentals of synchronized swimming, including sculling, basic figures and a routine! This mini-camp will also feature water games and time in the Outdoor Splash Park. This camp is for swimmers who have never done synchronized swimming but are comfortable in the water, can swim at least 25 yards of freestyle and can tread water for at least 30 seconds. Swimmers with no prior synchro experience can register for Synchro Basics and any of the Sea Star camps (ages 6-10) or Angelfish camps (ages 11 & up) that occur after their Basics session.

June 22: 1:15-3:15 Hannah Montana  
August 3: 1:15-3:15 Wizards of Waverly Place

**Sea Stars** (ages 6-10): Build on fundamental synchronized swimming skills and learn more difficult figures, sculling, kicking, and routine elements. Campers will play water games designed to improve synchro skills and have time in the Outdoor Splash Park. Participants must have completed the Synchro Basics camp or have prior synchro experience.

June 23: 1:15-3:15 Pirates of the Caribbean  
July 13: 12:00-2:00 Under the Sea  
August 4: 1:15-3:15 Go for the Gold

**Registration:** Complete form and register at the Huntersville Family Fitness & Aquatics front desk (pay with cash, check or credit card) OR mail with payment (check only) to: HFFA, PO Box 1979, Huntersville, NC 28078, Attn: Synchro Class

**Cancellation:** Camps with low enrollment are subject to cancellation. If a cancellation occurs, the participant will be notified and given the option to choose another camp or receive a refund.

**Angelfish** (ages 11 and up). Each camp will expand on elements that are judged in competitive synchronized swimming, as well as building general strength, endurance, flexibility and fitness of the swimmers. Swimmers also get to explore their creative side, learning presentation and performance skills. We will take a break in the Outdoor Splash Park.

June 24: So You Think You Can Synchronize  
(Flexibility and grace)  
July 15: Billboard Hits  
(Creativity and musicality)  
August 5: Boom Boom Pow  
(Power and strength)

### Cost per Family:

1 camp: \$25 members/\$35 non-members  
2 camps: \$45 members/\$60 non-members  
3 camps: \$60 members/\$80 non-members  
4 camps: \$70 members/\$96 non-members

Each additional camp: \$16 members/\$24 non-members

# Synchronized Swimming Summer Camp Registration



Participant Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

Email \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Synchro Basics: (swimmers ages 6 & up with no synchro experience)

- June 22 1:15 – 3:15 pm Hannah Montana
- August 3 1:15 – 3:15 pm Wizards of Waverly Place

Note: If you are registering for Synchro Basics, you can also register for any Sea Star or Angelfish camp that occurs *after* the Synchro Basics class.

Sea Stars: (swimmers ages 6-10 who have registered for Synchro Basics or have prior experience)

- June 23 1:15 – 3:15 pm Pirates of the Caribbean
- July 13 12:00 – 2:00 pm Under the Sea
- August 4 1:15 – 3:15 pm Go for the Gold

Angelfish (swimmers ages 11 & up who have registered for Synchro Basics or have prior experience)

- June 24 1:15 – 3:15 pm So You Think You Can Synchronize (Flexibility and Grace)
- July 15 12:00 – 2:00 pm Billboard Hits (Creativity and Musicality)
- August 5 1:15 – 3:15 pm Boom Boom Pow (Power and Strength)

Rate Per Family:

- 1 camp: \$25 members/\$ 35 non-members
  - 2 camps: \$45 members/\$60 non-members
  - 3 camps: \$60 members/\$80 non-members
  - 4 camps: \$70 members/\$96 non-members
- Each additional camp is \$16 for members and \$24 for non-members.

Total Due: \_\_\_\_\_

## Participant Release:

By the enrollment of my child in this program, sponsored by Huntersville Family Fitness & Aquatics, I certify that I have disclosed to this facility and to the instructor any restrictions or conditions that may hinder myself and/or my child's participation in this program. In signing this waiver, I also give my permission for myself and/or my child to participate in all activities associated with this program, including those activities requiring or involving transportation. I furthermore hereby release, discharge and hold harmless Huntersville Family Fitness & Aquatics and its Synchro program, its employees, volunteers, instructors and contractors from all actions, claims demands and costs for any injury or illness suffered by myself and/or my child as a result of participation in this program and associated activities.

\_\_\_\_\_  
Participant Signature (Parent/Guardian if under age 18)

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Date