

Synchronized Swimming: The *Ultimate* Team Sport

**LAST CAMP BEFORE
SCHOOL STARTS!!**

CAMP DATES:

August 9th-13th

TIME:

9:00AM—2:00PM

COST:

\$250

Swimmers must bring:

- *One-piece swim suit
- *Extra towels for stretching
- *Cap or hair tied back
 - *Goggles
 - *Noseclip
- *Water bottle
- *Lunch and snack



Coached by :

Rebecca Williams
Head Coach

Raleigh Auroras and TAC Angelfish

Patty Geiger

Founder of Triangle Pilates and
Cary Yoga Center

For more information, contact

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Synchronized Swimming is an Olympic and collegiate sport that combines the skills of swimming, gymnastics, diving, and dance. Synchronized swimmers execute precise movements in the water which require both incredible athleticism and artistic flair. Join our synchro camp August 9th-13th before school starts and learn something new this summer! Athletes should be able to swim freestyle, backstroke, breaststroke, and tread water for one minute. No prior experience needed!

Our goals for this camp include:

- Improving strength, endurance, power, flexibility, body control and grace
- Developing creativity and confidence
- Understanding the value of respect, commitment, and hard work
- Learning or improving basic synchro skills
- Performing a routine at the end of the week.

275 Convention Drive ♦ Cary, NC ♦ 27511

