

Synchronized Swimming

World Renowned Walnut Creek Aquanuts
Synchronized Swimming Club
presents

"Learn to Synchro"

Love Gymnastics? Love Dance? Love Swimming?
Then Synchronized Swimming is for YOU!

Come to our Exhibition &
Demo on Sat., Feb. 20th at
Dougherty Valley High
School, 2p - 2:30p

The Walnut Creek Aquanuts (WCA) are one of the top synchronized swim teams in the WORLD. Many of our athletes receive college scholarships, become US National Champions, and compete in the Olympics.

Our Mission...

"To provide a program that builds both bodies and minds, and instills skills that serve our swimmers for a lifetime."

Our "Learn to Synchro" Class is an introductory 5-week session designed to teach girls ages 6 to 11 the fundamentals of synchronized swimming; which includes basic sculling, figure transition and positions, routine development and choreography. Swimming incorporates the grace of a ballerina, the strength and flexibility of a gymnast, the propulsion of a speed swimmer and water polo player, the lungs of a pearl diver, and the endurance and stamina of a long distance runner; with an additional dramatic flair for musical interpretation and choreography. This program has been developed by National and Olympic Team Coaches from the Walnut Creek Aquanuts.

Location: Dougherty Valley High School, 10550 Albion Rd., San Ramon

Cost: \$160 per session, plus \$45 USSSI annual registration fee

WCA is offering two-5 week sessions

Schedule: Session A begins February 22nd – Mondays & Wednesdays, 5:30pm to 7:00pm

On the first day of class, new students will be evaluated for readiness to enter the program. Participants must be able to swim the length of a 25 meter pool and be comfortable in deep water without a floatation device. Those who do not pass the readiness evaluation will receive a full refund. IN ADDITION, the first 20 minutes of class, February 22nd, there will be a New Parent meeting.

Important Information:

- Payment for classes should be made directly to the Coach at the beginning of class. Checks should be made out to "The Walnut Creek Aquanuts."
- Every Swimmer should wear a swimsuit and bring goggles, swim cap, and nose clip to every practice. Nose clips will be available for purchase for \$2 at the beginning of practice.

For more info/questions: Please email Mary Butwinick at marybutwinick@gmail.com. or visit our website at www.Aquanuts.org