



# Walnut Creek Aquanuts Synchronized Swimming Summer Trainee Program

**Love Gymnastics?**

**Love Dance?**

**Love Swimming?**

**Combine them all with Synchronized Swimming!**

The Walnut Creek Aquanuts (WCA) are among the top synchronized swim teams in the United States. WCA swimmers are fit, talented competitors who love their sport! Many of our athletes receive college scholarships, become US National Champions, and compete in the Olympics.

Our Summer Trainee Program is perfect for swimmers ages 6 to 12 who want to try this terrific sport. Practices will be held at Clarke Memorial Swim Center at Heather Farm Park. Our elite coaching staff and helpful parent volunteers will be available to help your family learn about our great club. Girls participating in the second session also have the opportunity to perform at our annual Heather Farm Swim Show.

**Mondays, Tuesdays, and Thursdays from 5:00 – 6:30 PM**  
(Please meet on the lawn behind the Diving Well at 5:00)

**Session One: June 22 - July 24**

**Session Two: August 4 - Sept. 6**

**(Swim Show – September 4-6), 2009**

The first day of class in each session, 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 this readiness evaluation will receive a full refund. IN ADDITION, the first 20 minutes of class June 22 and August 4 there will be a New Parent meeting.



Visit [www.Aquanuts.org](http://www.Aquanuts.org) to learn more.