

# SYNCHRONIZED SWIMMING

*Smile..*



For those swimmers eager to start learning synchro-specific skills, they can follow their dreams by starting with the St. John's Seastars. The program is a developmental skills program for swimmers of any age with instruction ranging from basic to advanced skills.

Our coaches are nationally accredited and mentor these young women to achieve their full potential in the sport. They inspire team spirit and a positive self-image.

Competitions and water shows are also part of synchro - both provide a chance to show-off for family and friends. For additional fun you can also travel regionally, provincially or nationally with your teammates.



*Swim..*



*..Shine*



## Swimmers Schedules

(TENTATIVE FEES)

### Recreation 1 Aquasquirts:

\$50/m + registration

Sat 3:30-5:00 PM

### Pre-competitive:

\$95/m + registration

Sat 4:30-6:00PM

Sun 8:00-10:00AM

### Tier 1 Competitive:

\$115/m + registration

Sat 3:30PM-7:00PM

Sun 8:00-10:30AM

Weds 6:45-8:30 PM

### Tier 3 and 4 Competitive:

\$125/m + registration

Mon/Weds 6:45-9:00

Weds 5:45-8:00AM

Sat 3:30-7:00PM

Sun 7:30-10:30AM

### Tier 5/6 Competitive:

Mon/Weds 6:45-9:00PM

Weds/Fri 5:45-8:00AM

Sat 3:30-7:00PM

Sun 7:30-10:30AM

[www.st-johns-seastars.com](http://www.st-johns-seastars.com)

[www.synchro.ca](http://www.synchro.ca)

*Synchro:  
Two parts  
heart;  
One part  
obsession.*



[www.st-johns-seastars.com](http://www.st-johns-seastars.com)