



News Splash!



Special Swim Synchro! Edition, April 23, 2009

www.synchroontario.com

The new Swim Synchro! program launched this month!



Awards Update

Swim Synchro! Awards can be purchased through Synchro Swim Ontario. Check out our website for the Merchandise Order Form!



April 5th LAUNCH-Outrageous!

- On April 5th, the municipality of Hamilton hosted the first Swim Synchro! Instructor and Course Conductor course where 22 Instructors and 9 Course Conductors were certified.
- Three communities love Swim Synchro! so much that they are already offering it in their spring programs!

Swim Synchro! in YOUR community!

This program can be run in synchro clubs or at local community pools in a host of formats including 9-12 week sessions or camps. Participants develop skills, get creative, and most of all have fun as they try the sport.

Contact the Synchro Swim Ontario office to learn how to GET STARTED.

Tubular Testimonials!

"I thought everything went really well, especially when you consider that some of the participants hadn't done synchro ever before. I believe this is one of the best programs Synchro Ontario has launched that will attract new swimmers into our sport and there is definitely enough level content from a programmers point of view - excellent format".— Julie Dawley, Recreation Program Coordinator of Tillsonburg Community Center.

"It was fantastic to be part of the launch for the Swim Synchro! Program. I'm looking forward to teaching more instructors and the swimmers too!"—Sarah Morrison, Deck Supervisor for the Town of Orangeville, Aquatics.

"It is exactly what I was looking for for the synchro program at my pool—something fun and routine based! It is great to now have the support and resources from Synchro Ontario!". Megan Desjardins, Aquatic Manager, St. Alban's Boys and Girls Club, Toronto.



SYNCHRO SWIM ONTARIO
208 HILLYARD ST., SUITE #227, HAMILTON, ON L8L 6B6
Phone: (905) 572-SYNCHRO (7962) Fax: (905) 572-7700

Synchro Swim Ontario gratefully acknowledges the continued support of the Ontario Ministry of Health Promotion



Common Questions

Who can teach the program?

- Attend a Swim Synchro! Instructor course at your community pool. Certification valid for 3 years.
- Certified coaches can contact the office for more information.

I am a certified Swim Synchro! Instructor... Now What?

- Cause awareness in the community, motivate swimmers to try the program!
- Run the program through your club summer camps or seasonal schedules.
- Use the Swim Synchro! Manual and Demonstration DVD to provide the best lessons possible
- Clubs register swimmers as recreational
- Use the routines at a watershow at the end of each session

Will Swim Synchro be offered as a Lifesaving Credit?

- Stay tuned as we await the verdict!

What is a Swim Synchro! Cheat Sheet?

- Acts as an easily accessible resource to both swimmers and instructors during creative time as it can be brought into the water.

How do I order Swim Synchro! Awards?

- Access the merchandise order form at www.synchroontario.com and return via mail, fax, email, etc. When ordering merchandise, allow longer periods of time for larger orders.

Where do I find Swim Synchro! Evaluation Sheets?

- Swim Synchro! Evaluation Sheets 1-6 will be available by contacting the office.

Who do I contact if I have any questions about Swim Synchro?

Karen Wilson Davis and Leslie Makins at
kwilsondavis@synchroontario.com or
lmakins@synchroontario.com
905 572 7962 x 223/224



Instructor Manual & Demonstration DVD



Professional Instructor Manual includes:
-107 pages
-Full colour cover
-Black and white inset
-8x10

Full-program Demonstration DVD includes:
-up close shots of skills as described in the manual
-pre-choreographed routines
-provides several examples of Foot First, Sitting, Deep Water and Cadence style entries
-outlines Deck Work options