

# REGISTER TODAY

8 Week Summer Session July 5 – August 23, 2017  
Victor Davis Pool, Guelph



**Coached by:**

**National & Provincial Certified  
Coaches**

**Skills covered:**

- Flexibility & extension
- Strength training
- Swimming & propulsion skills
- Figures
- Routine swimming
- FUN

For all swimmers at any level to continue to train and work on their skills , learn new ones , and have some **FUN!**

Visit [guelphsynchrowim.ca](http://guelphsynchrowim.ca) to register

**Feel the Teal . . . #TeamGSSC**