

# CRESCENT BEACH SWIMMING CLUB

## ARTISTIC SWIMMING - RECREATIONAL

### SUMMER 2024

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**Welcome to a fun summer of Artistic Swimming!**

**RECREATIONAL ARTISTIC SWIMMING / Fees: July only: \$105, both months: \$220**

Recreational Artistic Swimming is a fun way for swimmers to explore their talents in a new water sport and express their creativity at the same time. Swimmers can join artistic swimming the year they turn 7 years of age. Swimmers must be comfortable swimming 50m. There are lessons every weekday, except Wednesday. This year recreational artistic swimming lessons will take place at the CBSC pool (for Star 1 only) and at the Mathisen Pool (Stars 2-9). The Mathisen pool is located at 12335 Sullivan St.

**Lesson times and locations:**

8:30am - 8:55am	Star 1	CBSC Pool
9:00am - 9:25am	Star 4 & Star 6	Mathisen Pool
9:30am - 9:55am	Star 4 & Star 8	Mathisen Pool
10:00am - 10:25am	Star 5 & Star 7	Mathisen Pool
10:30am - 10:55am	Star 8 & Star 9	Mathisen Pool
11:00am - 11:25am	Star 2	Mathisen Pool
11:30am - 11:55am	Star 3	Mathisen Pool

Star Levels are for children aged 7-15 (age is as of December 31, 2024) and are meant to be taken in order; however, some swimmers join our program a bit later than others. Because we are all about fun, we are fine with swimmers catching up with their age groups. If their swimming skills are strong, they can usually catch up quickly. Here are the suggested ages per star level. We strongly recommend taking the Star program in order and discourage skipping stars.

**Suggested ages per Star level:**

Star 1	2016, 2017
Star 2	2015, 2016
Star 3	2014, 2015
Star 4	2013, 2014
Star 5	2012, 2013
Star 6	2011, 2012
Star 7	2010, 2011
Star 8 & 9	2009, 2010

In July lessons, swimmers will learn new skills and figures, and in August lessons, swimmers will learn a fun routine to perform at the Artistic Swimming Show on Thursday, August 22nd. As the focus of the August lessons is on the Artistic Swimming Show, it is challenging to have beginners join in August only as there is not enough time to teach the basic skills along with the show choreography. Should you wish to only register in Artistic Swimming for one month, please do so in July.

**Save the Dates:**

- Thursday, July 18th: Banana Split Day, drop in between 5:30 pm - 7:00 pm, CBSC Pool
- Sunday, August 18th: Artistic Swimming Show dress rehearsal and Pizza Night, 5:00 pm – 8:30 pm, CBSC Pool
- Wednesday, August 21st: Artistic Swimming Show Final dress rehearsal, 10:15 am – 12:15 pm, CBSC Pool
- Thursday, August 22nd: Artistic Swimming Show, 7:00 pm, CBSC Pool

Swimmers will need a nose plug, a bathing suit, and a swim cap for lessons. We highly recommend that girls have a black bathing suit for artistic swimming. You can purchase a CBSC suit through the club or any other plain black suit will do fine. All swimmers must bring a water bottle and towel to practice. Those with long hair must also wear a swim cap or tie their hair back. We encourage artistic swimmers to wear swim caps at all practices.

We look forward to working with your artistic swimmers this summer! If you have any questions, please contact the Head Coaches Eva & Sally at [artisticswimming@cbswimclub.ca](mailto:artisticswimming@cbswimclub.ca)

*Head Artistic Swimming Coaches:* Eva Messcu & Sally Montgomerie

*Assistant Head Coach:* Charley Tepper

*Recreational Artistic Swimming Coaches:* Cameron Forrest, Indigo Twigg,

Chloe Berretta, Cora Clendenin, Natalia Phillips, Samantha Cyr

*Artistic Swimming Parent Volunteer:* Amy Cranston email: [amyjanecranston@me.com](mailto:amyjanecranston@me.com)

### **The Mathisen Pool – Guidelines**

The Mathisen family kindly donates their private swimming pool to the CBSC artistic swimming program every summer. We are grateful to the Mathisen Family for their generosity and we ask that everyone follows the guidelines below to ensure the safety of our artistic swimmers and to respect the privacy of the Mathisen family.

1. No parents are allowed on the property. We ask that you drop your swimmer off at the gate. On the first day, coaches will be at the gate to escort the swimmers to the pool.
2. Please do not congregate on the driveway or wait near the gate as this entrance is used by many people in the morning and we are concerned about safety. We ask that you wait to the east of the entrance near the bus stop for your swimmer and use the crosswalk to cross Beecher/ Sullivan Street.
3. Please do not park in front of the gate or block access to the driveway.
4. There are dogs on the property. Please always close the pedestrian gate behind you.
5. Please ensure no items, including garbage, are left behind.
6. Swimmers should not loiter on the Mathisen property before or after their lesson.

We also want to stress that there can be busy vehicle traffic in front of the Mathisen gate. Safety is always our priority, so please make sure your child uses caution when arriving or leaving the pool.

If you have any questions, please do not hesitate to contact Amy at [amyjanecranston@me.com](mailto:amyjanecranston@me.com)

Thank you for following these guidelines.