



UNIVERSITY OF THE INCARNATE WORD®
CARDINALS™

SYNCHRONIZED SWIMMING CAMP 2015

Synchronized swimming is the perfect combination of dance, gymnastics, music and water!

If your child enjoys any of these activities, they will love synchronized swimming. This camp will introduce your child to the sport while enhancing their flexibility, endurance and overall comfort in the water. Basic synchronized swimming skills are taught along with a routine choreographed to music.

No synchronized swimming experience is necessary. Must be able to swim 25 meters, must be deep water comfortable and able to go under the water.

Camp Agenda:

Day 1: Check-in/Registration, Video, Flexibility, Basic Skills, Stations, Snack, Routine Swim

Day 2: Flexibility, Land Work, Basic Skills, Stations, Play Swim Games, Snack, Routine Swim, Video

Day 3: Flexibility, Land Word, Basic Skills/Stations, Play Swim Games, Snack, Routine Swim, Video

Day 4: Exhibition Day for Parents: Warm up, Practice routine with music, Hair / Costume / Make up, Performance

Please bring:

- Swimsuit
- Goggles
- Swim Cap
- Nose Clip
- Towel(s)
- Refillable Water Bottle
- Snack

June 15 - 18

1 - 4:30 p.m.

Co-ed, ages 6 to 14

UIW Employee Discount available, please contact us for discount code!

For more information, contact Coach Deatherage at (210) 829-2796 or mdeather@uiwtx.edu.

Register online at uiwcardinals.com and click on the FanZone link.

The University of the Incarnate Word provides reasonable accommodations for special events with adequate notice. To request disability accommodation for events, please complete and submit the form at uiw.edu/ada at least five university business days prior to the event.