



2017 SYNCHRONIZED SWIMMING SUMMER CAMP

This camp is for new and experienced swimmers. Swimmers of all abilities are welcome. Will include general athletic and water skills, strength training, flexibility, strokes, sculling, transitions, routine development, figure techniques (New Figures for the next season), improving eggbeater, vertical height, lifts, and technical elements, USA Synchro Grade level preparation (Grades 1-4).

Our Coaches: Svetlana Malinovskaya, Head Coach of Optima Synchro, National Team Coach 2014-2016, 2016 US Developmental Coach of the Year, 2017 East Zone Coach of the Year and Optima Synchro staff.



**When: Monday-Friday
9:00 AM-4:00 PM
August 7-11**

**Where:
The Workout Club
16 Pelham Rd
Salem, NH 03079**

**Cost: \$450
Register by June 1st and
receive \$50 off**

Please, fill out the registration form attached and mail it to Svetlana Malinovskaya at the address provided on the form.

For more information or to request registration form contact Svetlana at optimasynchro@gmail.com