

Maine Synchronized Artistic Swimming Camp

Maine Synchro is proud to announce that this summer we will be holding our first Artistic Swimming Day Camp from June 21st-25th 8:30am-3:30pm!





Pool will always be supervised by all three coaches and a Lifeguard that is employed at Riverton Pool.

For Registration please email;
Maine.Synchro@outlook.com

Join the *Maine Synchronized Swim Team* to learn the basics of Synchronized Swimming, now called Artistic Swimming! **Participation Requirements:** Age 7-17, and must be able to swim 25 yards (one pool length) continuously without touching the bottom, and immediately transition to treading water for 1 minute in the deep end. If you are unsure if your swimmer can qualify then please test at Riverton Pool by Appointment Only.





Maine Synchro Head Coach:

Maria Atkins D.O.
US Artistic Swim Coaching
Certification Program
Level 2



Assistant Coaches:

- Olivia Atkins CCP Level 1
- Maddie Long CCP Level 1,
Certified Lifeguard

Necessary Supplies:

- 1-2 Swimsuits
- Change of clothes
- Pilates/yoga mat
- Refillable water bottle (NO GLASS)
- Hearty healthy lunch
- Snacks for after pool sessions
- 2 Beach towels
- Swim goggles (not masks)
- 2 nose clip
- Swim cap (\$15 Maine Synchro silicone caps available to purchase)
- Extra layers of clothes (including long pants/sweatpants and sweatshirt)
- Extra socks
- Sunscreen
- Sneakers
- Flip-flops if desired for pool deck
- Extra Covid masks (required until entry into the pool and potentially will get wet)
- Large backpack or bag to carry all items
- Mobile devices are allowed (Only appropriate uses will be allowed, ie pick up etc.)

****Watch weather daily.** All camp time that is not scheduled in the pool will be outside. So bring appropriate gear. There will be shelter inside in case of inclement weather.

Pricing:

\$325

\$20 discount for Portland residents

\$100 Synchro Team Members
\$50 discount for CIT (Advanced swimmers only)

