



Welcome to all new and returning recreational swimmers.

Our recreational program runs Tuesdays from 5-6 pm or Saturdays from 11-12 pm for 10 sessions at a cost of \$95.00. Swimmers may choose to sign up for both sessions at \$190.00 if they wish based on available space. At the end of the season, we will be hosting a watershow on Sunday, April 1st at 12:00pm. Both recreational groups will be swimming on Saturday, March 31st from 11-12 p.m. along with the competitive and pre-competitive swimmers to prepare for the show.

Please refer to the schedule below for start and end dates according to the session you have joined. (I.e. Tuesday or Saturday group)

Session #	Tuesday		Session #	Saturday	
1	January 17		1	January 21	
2	January 24		2	January 28	
3	January 31		3	February 4	
4	February 7		4	February 11	
5	February 14		5	February 18	
6	February 21		6	February 25	
7	February 28		7	March 3	
8	March 6		8	March 17	
9	March 20		9	March 24	
10	March 27		10	March 31	Last Day
	March 31	Last Day			
	April 1	Watershow		April 1	Watershow

Please ensure your swimmer brings with her on the first day the following items.

- ❖ Swimsuit
- ❖ Towel
- ❖ Headcap - We have Thunder Bay Synchro headcaps for sale at the cost of \$15.00.
- ❖ Nose clip – Thunder Country Diving (please state you are with Thunder Bay Synchro to receive a 10% discount) at 500 May St.
- ❖ Goggles

Please don't hesitate to call or email me at any time with questions or concerns.

Thank you so much,

Nathalie Sitar –Recreational Program Coordinator - 577-6460

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