

Toronto Synchro High Performance Camp 2018



Join us at the Pan Am Pool!

Aug 20th-24th at TPASC (Scarborough)



- Intensive In-water training with Toronto Synchro and guest coaches, including former Olympians: figures and skills training, routine development, choreography
- Extensive and varied dryland training using TPASC's state of the art facilities and instructors: strength and fitness, flexibility and dance workshops, zumba, yoga, pilates, climbing wall and other activities!
- Special sessions on goal-setting, team-building, etc!

\$535/week

Register by June 30th
and save \$15

Register online at
TorontoSynchro.com

For Prov or FINA
Swimmers Age
12+ (Synchro Age 13+)
with 2+ years
competitive
experience

