

JUST ADD WATER!



AquaSquirts

A PLAY-BASED WATER-ORIENTATION PROGRAM TO DEVELOP SWIMMING SKILLS BY SYNCHRO CANADA

PHOTO CREDITS: Studio DVM and Sai De Meo



AquaSquirts - an aquatic program for swimmers who want to improve their swimming skills and experience the excitement of rolling, twisting and hanging upside down in water!

Skills covered in AquaSquirts include:

- Sculling • Floats • Propulsion • Eggbeater
- Breath Control • Working with Partners • Dolphin Kick
- Underwater weight transfer

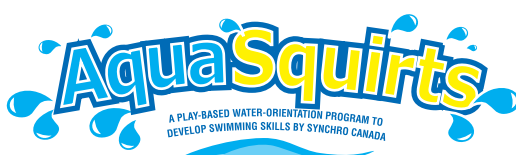
AquaSquirts and AquaSquirts Too follow a theme-based lesson plan including:

AQUASQUIRTS LESSONS

- Let's Go Under Water
- Let's Go to the Regatta
- Let's Visit Sea Creatures
- Let's Have Fun with Patterns
- Let's Give a Show

AQUASQUIRTS TOO LESSONS

- Pirate Surprise
- Wild Weather
- Anchors Away
- Adventures in Sport
- Showtime



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