



**WEEK IN THE CREEK !**

*Synchronized Swimming Camp*

**Intensive Synchronized Swimming Camp led by Olympic & National Team Coaches from the Walnut Creek Aquanuts!**

**July 29th to August 2nd, 2011**

All Levels Welcomed

Ages 7 -18

**For Additional Information / Questions:  
Please email [weekinthecreek@astound.net](mailto:weekinthecreek@astound.net)**

**HOW TO REGISTER:**

**Please visit our website at: [www.aquanuts.org](http://www.aquanuts.org)**



## **2011 Week in the Creek Summer Camp Important Information**

**WHEN: July 29<sup>th</sup> to August 2<sup>nd</sup>, 2011:** Campers should plan to arrive the morning of July 29<sup>th</sup> and depart the evening of August 2<sup>nd</sup>. (If your camper would like to arrive on the 28<sup>th</sup> or depart the morning of August 3<sup>rd</sup>, accommodations may be arranged for an additional fee.)

**WHERE WE SWIM: Las Lomas High School aquatics facility.** 1460 South Main St. Walnut Creek, CA 94596. This is an outdoor pool. Ample shaded areas and an indoor classroom will be provided.

**WHERE WE SLEEP AND EAT:** The Embassy Suites on Treat Blvd ([www.embassysuites.com](http://www.embassysuites.com)) in Walnut Creek, CA. Campers will rest safely and comfortably and will be fully chaperoned. A full and healthy breakfast buffet is served daily in the Hotel. Lunch, dinner and snacks are also provided.

**HOW WE GET AROUND:** Transportation will be provided once the camper arrives. This includes transportation to and from Oakland and San Francisco International Airports.

**WHO WILL COACH YOU:** US and National Team Coaches and Athletes, The WCA coaching staff, and experts in choreography, land training, and swimming! Including:

- ✓ **Kim Probst:** WCA Head Coach, 2008 Olympian and ten-time US National Team member including the 2006 World Cup Team.
- ✓ **Tammy McGregor:** 2008 Olympic Head Coach, 2000 Olympian, 1996 Olympic Gold Medalist, former USA National Team I and Olympic Team Coach, and 2004 US Junior World Team and former Czech Republic Olympic Head Coach, previous Head Coach of WCA.
- ✓ **Tammy deClerq:** 2004 Olympic Bronze Medalist – and lift specialist.
- ✓ **National Team athletes and the WCA coaching staff**

**WHAT YOU WILL LEARN:** You will be combined with campers of similar level and age group. We will provide sessions in Figure and Element Technique, Choreography, Transitions, Lifts, Flexibility, Swimming Technique, and Mental Preparation. We will also provide a unique opportunity for your camper to be inspired by working with Olympic Medalists!

**FOR ADDITIONAL INFORMATION/QUESTIONS:** Please email [weekinthecreek@astound.net](mailto:weekinthecreek@astound.net)

**HOW TO REGISTER:** please see our website at [www.aquanuts.org](http://www.aquanuts.org) for our 2011 registration forms.

### **TUITION COST:**

Discounted payment of \$660.00 (if payment received by June 1, 2011)  
Full payment of \$710.00 (if payment received after June 1, 2011)  
Partial payment of \$360.00 (the remaining \$325.00 is due by July 1, 2011)

We also welcome commuter campers at the following prices!

Discounted payment of \$555.00 (if payment received by June 1, 2011)  
Full payment of \$625.00 (if payment received after June 1, 2011)  
Partial payment of \$305 (the remaining \$275.00 is due by July 1, 2011)

### **ALL TUITION MUST BE PAID IN FULL BY JULY 1, 2011**

**Please make checks payable to Walnut Creek Aquanuts**

**Mail registration papers to:**  
**WCA**  
**2055 Bluerock Court**  
**Concord, CA 94521**