

Aquacades Synchronized Swimming Team

Synchronized Swimming is probably the most beautiful of all aquatic sports. It combines the skills of gymnastics, dance and swimming with the strength and endurance of weight lifters and track athletes. To many who participate, it becomes not just a sport, but also a passion and a way of life.



Practice is at the Aquatic Complex

Junior/Age Group	Monday	5:30 to 8:30 p.m.
	Wednesday	5:30 to 8:30 p.m.
	Sunday	9 a.m. to 1 p.m.
Intermediate	Tuesday	5:30 to 8 p.m.
	Thursday	5:30 to 8 p.m.
	Saturday	11 a.m. to 2 p.m.
Novice	Monday	5:30 to 7:15 p.m.
	Wednesday	5:30 to 7:15 p.m.
Novice (ages 13 -15)	Tuesday	5:30 to 8:30 p.m.
	Thursday	5:30 to 8:30 p.m.

Monthly Coaching Fees:

16 and older: \$155 Age Group: \$135
 Intermediate/and under 12 age group: \$110
 Novice: \$80
 • \$5 discount for 2nd child •
 \$10 late fee assessed after the 10th of the month
 No fees in August

Pool Membership (required):

Child: \$40.28/3 months • \$84.80/annual
 Adult: \$57.24/3 months • \$143.10/annual

VIP (Pool and Fitness Center):

Child: \$143.10 Adult: \$227.50

Annual U.S. Synchro Fee:

\$75/competing

Aquacades Booster Fee: \$20/annual

The Coral Springs Aquacades is a competitive Synchronized Swimming team. The team has grown from its initial 5 members to over 50 in 4 different levels with ages ranging from 6 to 19. The team currently competes on the state and national level. The team tries to emphasize a healthy, competitive atmosphere, urging the swimmers to meet their highest potential through hard work, commitment, and teamwork.



For more information, call 954-345-2121

The Coral Springs Aquatic Complex is located in the Sportsplex, which is just east of the Sawgrass Expressway between Sample Road and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.