

Aquacades Synchronized Swimming Team

Aquacades Synchro team is a well-known Nationally Ranked club. The Aquacades are 3-time South Zone Champions, 7-time Gold Coast High Point Team and received 3 silver and 1 bronze medal at the 2010 Age Group National Championships. The club produces exceptional athletes year after year who continue on to up universities with Synchronized Swimming programs. Under the direction of Head Coach Ashley Johnson, the club continues to grow in strength and numbers. Children ages 6 and up with strong swimming skills are welcomed to join!



Practice is at the Aquatic Complex

16-19 Age Group	Monday/ Wednesday Friday Saturday Every other Sunday	5:30 to 8:30 p.m. 6 to 8 p.m. 8 a.m. to noon 9 a.m. to 1 p.m.
13-15 Age Group	Tuesday/Thursday Friday Saturday Every other Sunday	5:30 to 8:30 p.m. 6 to 8 p.m. 8 a.m. to noon 9 a.m. to 1 p.m.
12 and under Age Group	Tuesday/Thursday Friday Saturday	5:30 to 8:30 p.m. 6 to 8 p.m. 11 a.m. to 2 p.m.
Intermediates	Tuesday/Thursday Saturday	5:30 to 7:30 p.m. 11 a.m. to 1 p.m.
Novice	Monday/Wednesday	5:30 to 7:30 p.m.
Rec Team	Monday or Wednesday	6:15 to 8:30 p.m.
Try-it Class	Monday or Wednesday	6:15 to 8:30 p.m.

*Includes two Aquacades Team caps, 3 noseclips, Team shirt and Florida Gold Coast Association membership fee.

Monthly Coaching Fees:

13-16 Age Group: \$195 • 12/U Age Group: \$175
Intermediate: \$150 • Novice: \$80
Rec Team: \$55 • Try-it Class: \$2.75
• \$5 discount for 2nd child •
\$10 late fee assessed after the 10th of the month
No fees in August

Pool Membership (required):

Child: \$42.34/3 months • \$86.92/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:

\$65/competing

Aquacades Booster Fee*: \$100/annual

Travel expense, routine suits, Team uniform and competition fees are extra and can be paid by fund-raising or directly from parent. Being a part of the competitive team means that your child will travel for competitions and will need the club uniform. Novice/Intermediate levels travel twice a year within the state of Florida (weekends only). Age Group swimmers travel nationwide. If not interested in committing to the competitive team, feel free to join the Rec Team.



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.