

AQUACADES

A swimming routine, set to music, to be performed in the lake at Regatta. This event is open to girls age 10 and up, who are NOT participating in Jazzbelles. The girls swimming ability will be subject to a qualifying swim test, before beginning. Participants need not be on the Walkkill swim team, but this involves advanced swimming ability and is not open to beginner swimmers. A Ladies group member chairs the committee and teens coach the girls.

1. The choice of music must be approved by the chairwoman or a Ladies Officer Member.
2. The Ladies of the Lake provide up to \$200 in funds for costumes, etc. Any additional funds needed must be raised by the dance group.
3. Receipts must be kept and turned in to the treasurer, along with any remaining funds.
4. They must be 10 years old by August 31st of the current year.
5. Swim test will include the following:

Aquacade Requirements

Must be at least 10 years old by August 31st of current year.

Must be able to dive successfully.

Must be able to execute moves successfully.

Must be able to tread water for no less than 10 minutes.

Must be able to make at least 90% of all practices.

MUST be able to swim!!

Moves

Done on the Back

Ballet Leg
Double Ballet leg
Oyster
Back Pike
Back Tuck
Pinwheel
Tubs
Porpoise

Done on Front

Front Tuck
Front Pike + Bent Knee
Surface Dive
Split Surface dive
Splash

Always get their name and number first day, along with their suit size. Have participants sign a commitment form so there is no discrepancies during the rehearsal period.