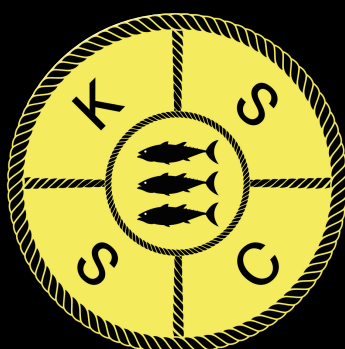


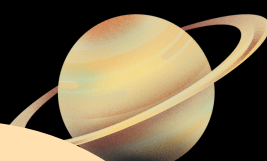
COACHING GROUPS



ROCKETS Kingston Talent Squad

ALL AGES

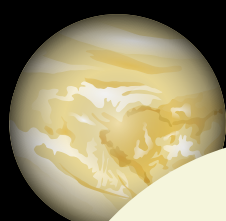
Solos, Duets, Combination Team
3+ Competitions per year
4+ hours pool training per week



SATURN Senior Performance

13 - 18

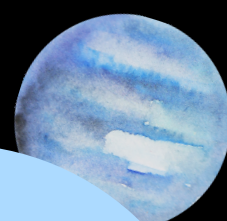
Combination Team
3 Competitions per year
2+ hours pool training per week



VENUS Senior Development

13 - 18

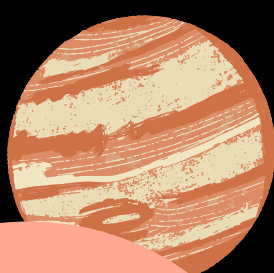
Combination Team
2 Competitions per year
1.5+ hours pool training
per week



NEPTUNUS Junior Performance

12 & U

Combination Team
3 Competitions per year
2+ hours pool training per week



JUPITER Junior Development

12 & U

Combination Mini Routine
1 Competition Per Year
1.5+ hours pool training per week



KINGSTON CADETS Novice Teams

7-11

Mastering synchro basics, working
through stages 8,9,10.
45 mins pool time
per week

