

In 1971, a handful of ladies who enjoyed swimming at the old Beltline YWCA on 12th avenue SW, decided they wanted to add a little creativity to their exercise routine. The ladies enlisted the help of Mary Ann Reeves, Head Coach of the Calgary Aquabelles Synchronized swim club to help them form an official synchro club. The group decided the club should have a focus on fun, fitness and friendship, and thus the "Calgary Aquamums Masters" synchronized swim club was born! The ladies would thereafter receive excellent coaching from Synchro Mom and National referee, Gladys Hambrook.

It wasn't long before the team outgrew the Beltline pool. In the mid 1970's, the team moved their practice to the new YWCA pool on 5th avenue SE in downtown Calgary. A bigger pool and more parking enabled the team to grow in size and skill development which necessitated additional coaching. With the number of swimmers doubled to about 10, the team procured the coaching skills of synchro pioneer Rhoda Bell. Armed with a coaching staff of 2, the club continued to flourish.

In 1983, the club once again moved. This time to the iconic olympic-caliber athletic facility (then known as Lindsay Park), now renamed "MNP Community & Sport Centre", where it still practices to this day. The Calgary Aquamums started out as a recreational team but it wasn't long before the skill level of the swimmers improved, leading to the possibility of competition as an option. On April 12th, 1985, the club attended it's first competition, "The Glencoe Invitational" at the Glencoe Club in Calgary. The results were impressive - and very motivating. As the club grew in size, so did the range of ages and skill levels.

In 1986, Carol Fitzsimmons joined the club as head coach. Carol, herself a former Aquabelle and Hall of Fame recipient for her high level of athletic achievement in Synchro at a National and International level, would go on to lead the Calgary Aquamums Masters team (which by this time, had grown to about 18 swimmers) into the world of International competition in Synchronized swimming. The early 2000's saw the club welcome retired Aquabelle swimmer Kim Strachan and current long-time Aquamums swimmer aka Coach, Lori Pollock to round up the coaching staff.

Since its formation in 1971, the club has included swimmers from a wide range of backgrounds. The original 5 ladies who formed the club were new to Synchro and looking for a new way of staying fit and having fun in a new sport while raising their kids. It takes a village of synchro swimmers to raise a child, as evidenced by the playpen visible on the deck during team practices. Since the early days, swimmers who have joined the club mostly have some degree of training. Some swam in their youth in clubs across Canada. Others started mid-life as newbies. Some joined the club post-University while others

quit to start a family and then re-joined as empty-nesters.

Today the sport of Synchronized Swimming is now known as "Artistic Swimming" and the Calgary Aquamums club remains at the MNP Community & Sport Centre and operates as 2 groups with a total of about 33 athletes. One group includes members who train on weekday evenings and the other group trains weekday mid-mornings. The teams continue to train for competitions on a Provincial, National and International level and the one thing that has not changed throughout the clubs evolution is the goal of fitness, fun and friendship.