



SEALS-IN-SYNCH

Youth Synchronized Swimming

FALL: October 15th-November 11th

Wednesdays 5:25pm-6:25pm

Sundays 10am-11am

(No practice Wednesday 10/31)

11/9 4:30-5:30pm Dress Rehearsal

11/11 10-11am Performance

\$125/members, \$155/non-members

Join our Seals-in-Synch and be a part of Synergy's fun Synchronized Swimming program! Swimmers will practice twice a week, working on fundamental synchronized swimming skills, including choreography to music. Our coach, Emma, brings 10 years of competitive synchronized swimming experience and a contagious smile. The session will culminate with a final performance, here at Synergy.

Interested swimmers should complete a swimming assessment with our Synchro Coach prior to registering, by contacting the aquatics department.

Prerequisites include: Comfortable in deep water, tread water for 30 seconds, float on front and back, demonstrate stroke basics (freestyle, breaststroke, backstroke), and able to swim 50 yards.