

Synchronize Swimming is FUN!!



COME LET US SHOW YOU WHY!

We are the FEC Stingray's Synchronise Swim Team

Join our amazing Synchro Team for the 2010 VFCAL Season!

Pre-Season Synchro

Afraid you might not like it or have already tried Synchro and want to improve on techniques? Sign up for our Synchro Pre-Season!

Session 1: April 5-8

Time: 6:00-7:30pm

Novice will be introduced to Synchro & learn and improve figures while Intermediate work on conditioning & figure progression.

Session 2: April 12-15

Location: Cottage Pool

Session 3: April 19-22

Time: 6:00-7:30pm

Novice will be introduced to routines and technical elements while Intermediate work on technical elements.

Session 4: April 26-29

Location: Cottage Pool

Price: \$25.00 per session

Stingray's Synchro Team

If you like the water, glamour and are excited to make new friends, then join the F.E.C. Synchronized Swim Team. Swimmers will compete in synchronized swimming routines as well as individual compulsory events at Wednesday evening swim meets. Join us for a summer of fun!

Synchronized Swim Team Fees

All fees listed below are for the entire swim season which runs from May 3 – July 22.

- \$165 1 swimmer
- \$265 2 swimmers in the same family
- \$345 3 swimmers in the same family

Add \$60 for each additional swimmer from same family.

Add \$10 per swimmer if not a District Resident.

Add \$60 to participate on both Swim and Synchro.

* Every family pays a refundable \$75 participation deposit.



Want to Join This Wonderful Team?

Registration Night is on **March 3**

Where: FEC District Office

2201 Cottage Way

Sacramento CA 95825

Time: 5:00-7:00pm



*Registration will continue March 4 during regular District office hours Mon. - Fri. 8am-5pm

Contact: Ali at 916-927-3802 ext.111 for more details.



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