

Fall Swim: Synchro



Sacramento Synchronized Swim Team

Fall Ladybug Novice Clinic

6-12 years old

Learn basic skills of synchro.

Sept 19–Nov 7th, 2009

8 Saturdays: 12-1:15 p.m.

\$160 for 8 weeks

Fall Novice/Intermediate Clinic: (7-16 years old)

Improve techniques of basic synchro skills and more.

Sept 20th–Dec 4th, 2009

Tuesdays & Thursdays: 5-7 p.m., Saturdays optional*

\$300 for 12 weeks

Visit our NEW website for details on Clinics or Synchro Team

www.sacsynchro.com

916-296-SYNC (7962) or e-mail: membership@sacsynchro.com

- Sacramento Synchronized Swim Team is a member of US Synchronized Swimming Inc. and participates in the Pacific Association
- Practices are held at Mira Loma High School Pool
Located at: 4000 Edison Ave. Sacramento

** SSSST is a non-profit organization.

This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.