

We ❤️ synchronized swimming & want every chance to play ❤️

Two of us have been with Mermaids Hawai'i for over 40 years. ❤️

We practice about 2-4 hours a week; Olympic synchronized swimmers train about 8 hours a day.

❤️ Since the Fall of 2002, we have been teaching FREE Synchronized Swimming Classes for the City and County of Honolulu. CLASSES now in session: Tuesday & Friday 2:30-3:30 pm. If interested in taking a synchronized swimming class, call 864-8122 and leave a message for Alice. ❤️

❤️ In 2005, we taught for the O'ahu YMCA on Richards Street. In 2006-7, we taught for 'Ewa by Gentry. ❤️

❤️ In 2007, we began classes @ the Leeward YMCA. CLASSES now in session: Wednesday 9-10 am & 2:30-3:30 pm. ❤️

❤️ Since 2003, we have been practicing on Sundays, 2-4:30 PM, at the Windward YMCA in their big heated pool. ❤️

❤️ If any of you would like to join us as a mermaid or merman, wet or dry, please contact us. ❤️

❤️ Come & give us a try. [Click Here to Email Alice](#) or visit our website: [www.mermaidshawaii.com](http://www.mermaidshawaii.com) ❤️

❤️ There are no fees to participate. ❤️

❤️ We are loosely structured, SAFELY doing whatever we can to have fun, to enjoy this wonderful sport, and to perform. ❤️

❤️ Our big shows usually run about an hour. ❤️ We want maximum pool-time for each of us; so, we may even have to change costumes in front of you, and it's very hard to cut a swimmer who is injured or just learning. ❤️

♥ Our little shows or demonstrations can be as short as 10-15 minutes. ♥

♥ The performance levels vary greatly within our shows. ♥

♥ Non-swimmers and former synchro coaches and competitors have swum with us. ♥

♥ Our ages have ranged from 3 to 89 years: a 3 year old rode on her grandmother's back and in one show a 9 year old was in 9 routines. ♥

♥ Christmas Water Shows ♥ are usually in December. ♥

♥ Summertime Water Shows usually run from January through October. ♥

♥ We've been teaching & performing Synchronized Swimming since 1971.

♥ ~~ 50 YEARS ~~ over 1,500 EVENTS ~~ ♥