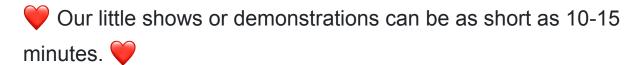
We synchronized swimming & want every chance to play Two of us have been with Mermaids Hawai'i for over 40 years. We practice about 2-4 hours a week; Olympic synchronized swimmers train about 8 hours a day.

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 YWCA 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
- 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.





- 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.