



If you love to swim, and also love dance, music, cheer, or gymnastics, then consider joining our synchronized swim team!

This popular Olympic sport is a combination of rhythmic swimming and gymnastics. Team members will gain coordination, fitness, stamina, performance experience, teamwork, and much more! No experience necessary, but participant must be able to swim 25 yards independently.

Come try out this beautiful sport during the spring clinic, and if you love it join the team!

Ages 5-18

Practice @ Rusch Park Diving Pool

**Spring Clinic: April 20-23 / Mon-Thurs / 6-8pm (\$35)**

Summer Team: April 27 - July 19



Sunrise Swans Synchronized Swimming Team

**[www.sunriseswans.org](http://www.sunriseswans.org)**

[www.facebook.com/sunriseswans](https://www.facebook.com/sunriseswans)

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