



*If you like dancing, enjoy music and love to swim,
San Dieguito Synchro is for you!*

While experiencing the beautiful sport of synchronized swimming, your child will develop confidence, mental concentration, physical coordination, grace, and make some great friendships along the way.

There are three locations for our Novice Program:

Wednesdays: 4:30 - 6 p.m. at The Alga Norte Pool in Carlsbad

6565 Alicante Road • Carlsbad, CA 92009

Fridays: 4:30 - 6 p.m. at Cathedral Catholic High School

5555 Del Mar Heights Road • San Diego, CA 92130

Saturdays: 9:30 - 11 a.m. at Mt. Carmel High School

9550 Carmel Mountain Road • San Diego, CA 92129

* Locations & times subject to change, please contact coach Danielle

Monthly Fee: \$100.00 per month for one day a week or \$125 per month for two days per week

Annual USA Synchro Fee: \$115.00 due at sign up

Annual Meet Fee: \$150 covers costume suit rental and meet fees due by January 1

* Novices compete in a local meet and perform in our annual SDS Watershow at the end of the synchro season

Our novice program is for swimmers 6 years and older.

(some younger swimmers may be considered with Coach Danielle's approval).

Swimmers must be able to swim 50 yards of freestyle, backstroke, and breaststroke.

Your first lesson is *FREE!* So put on a suit, bring goggles, a towel, and come give it a try!

For more information contact Coach Danielle at SDSynchro@gmail.com

San Dieguito Synchro also offers Intermediate, Age Group, Junior and Master level competitive and non-competitive programs.



For more information about San Dieguito Synchro and our exciting year round programs, visit our website at www.SDSynchro.org