

San Dieguito Synchro Fit

*If you like dancing, music, swimming,
and want to get in shape while having fun
then SDS Fit is for you!*

Our Synchro Fit program is for swimmers 18 and older

While experiencing the beautiful sport of synchronized swimming, you will develop coordination and gracefulness, increase strength and cardiovascular health, all while having a splash of a good time in the water!

Saturdays from 9 - 10 a.m.

Del Norte High School

16601 Night Hawk Lane • San Diego, CA 92127

\$60 per Month

Swimmers must be able to swim 50 yards of freestyle, backstroke, and breaststroke. This class includes a variety of water aerobics as well as synchronized swimming skills.

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



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