

# *San Dieguito Synchro presents:*

## **Two Week Intro To Synchro Camp**

If you like dancing, enjoy music and love to swim, then synchronized swimming is for you! Campers will learn synchronized swimming techniques and perform a fun routine taught by San Dieguito Synchro's nationally ranked swimmers and coaches.

### **July 9<sup>th</sup> - July 20<sup>th</sup>**

**Tues & Thurs - 9:30 - 11:30 am at West View High School**

**Sat 9:30 - 11:30 am at Cathedral Catholic High School**

Camp is for swimmers 6 years and older who want to experience the beautiful sport of synchronized swimming. Proficiency in freestyle, breaststroke, backstroke, and deep water swimming is required.

Younger swimmers will be considered for camp with instructor approval. Please wear a one piece swimsuit and bring sunscreen, water bottle, and towel.

**The camp fee is \$200 for both weeks or \$125 for one week.**

All swimmers will receive a noseclip and synchro swim cap!

### **How do I enroll my child?**

Mail your completed registration form (download from [sdynchro.org](http://sdynchro.org)) and payment to:

San Dieguito Synchro  
555 Long Crest Drive • Oceanside, CA 92058

### **Questions?**

Email Coach Danielle at [sdsynchro@gmail.com](mailto:sdsynchro@gmail.com) or call 858.531.1085



For more information about San Dieguito Synchro and our exciting year round programs, visit our website at [www.SDSynchro.org](http://www.SDSynchro.org)