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BRING A FRIEND TO SYNCHRO DAY

Friends will
learn a routine to
perform for
parents & guests!

If you like swimming, dancing, and gymnastics, you might like the exciting Olympic Sport of Synchronized Swimming! ANA Synchro is a nationally ranked team, and we want to spread the word of how great synchronized swimming is! Invited friends of current team members can expect a fun afternoon learning some basic skills and even putting a routine together! Parents are welcome to watch too! All skills will be taught. Swimmers will need goggles, swim cap, swim suit, nose clip and towel.

**Join the fun on Saturday, November 17th
1:30-3:00 PM at ANA YMCA Lap Pool**

No synchro experience necessary, though friends should be able to swim 50 yards and be comfortable going under water. We'll teach you everything else you need to know!

ANA Synchro Synchronized Swim Team

Contact Leah Pinette
for more information
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Friends must fill out online registration form:
<https://goo.gl/forms/d75IAKb0K810MjUA3>



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