



COMPETITIVE & RECREATIONAL SYNCHRONIZED SWIMMING CLUB TEAM

## NEW BEGINNERS CLASS

Learn the Flamingo, the Shooting Star, and other basic moves of synchronized swimming! From **October** through **May**, the Synchro Sirens club offers 1 hour beginner classes every Saturday at the Ron Levy Aquatic Center.

Learn  
synchronized  
swimming!

Girls/Boys  
ages 5-14

This program is well suited for girls and boys ages 5 to 14 who are interested in learning introductory synchro techniques. Child must be able to swim in the deep end on their own to qualify. Please contact Coach Isla to enroll.

### Founders Park

Saturdays  
12-1 pm

Coach Isla Crawford

856-473-4752

SynchroSirens@gmail.com

COST: **\$10**/class

This program is open to the public. In accordance with the Americans with Disabilities Act of 1990, all persons who are disabled and who need special accommodations to participate in this program because of that disability should contact the ADA Coordinator at [ADA@islamorada.fl.us](mailto:ADA@islamorada.fl.us) or 305-664-6448 at least 48 hours before the scheduled event.