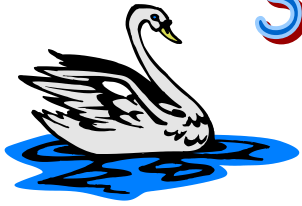
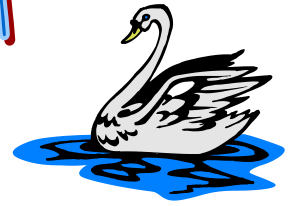


SUNRISE SWANS

Synchronized Swim Team



Ages: 6-18 years



This popular Olympic sport is a combination of rhythmic swimming and gymnastics. No synchronized swimming experience necessary, but participants must be able to swim 25 yards independently. The Swans compete against other local teams. Meets are held on Wednesday evenings in June and July. Team members gain coordination, fitness, stamina, performance experience, teamwork and much more.

Families are required to participate in fundraising events and to volunteer (parent/guardian) 20 hours per season.

Sunrise Recreation & Park District

7801 Auburn Blvd.
Citrus Heights, CA 95610
(916) 725-1585
www.sunriseparks.com

Register on-line or
walk-in at District Office
Mon - Thur 8:00am - 6:30pm
Fri - 8:00am - 5:00pm

CODE: 6311.200
FEE: \$170 per child
\$155 per each additional sibling

LOCATION: Rusch Pool

SPRING PRACTICES: April 30 - June 16

Mon - Fri 6:30pm - 8:00pm
Sat 9:00am - 12:00pm

SUMMER PRACTICES: June 18 - July 19

Mon - Fri 7:30am - 9:00am
Mon - Fri 6:30pm - 9:15pm
Sat 9:00am - 12:00pm

