

Synchronized Swim Team Clinic

Participants learn the basics of synchronized swimming. The Sunrise Synchronized Swim Team is open to swimmers ages 6-18 years. Participants should have strong swimming skills and must be able to swim 25 yards of freestyle and backstroke without assistance.

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

FEE: \$75 per child

LOCATION: Rusch Pool

DATES: March 13 - April 12

DAYS: Tues & Thurs

Ages: 6 years - 18 years

Code: 6311.100

6:30pm - 7:30pm



Get a Jump Start on
Synchronized Swimming!