

## **Competitive Synchronized Swimming Programs**

Participate in the 2010-2011 Synchronized Swimming competition season: learn a routine to music, individual artistic movements, great swimming workouts, improve flexibility, meet new people and make lifelong friends.

**Looking for swimmers born in 2001, 2002, 2003 or younger who LOVE to be in the water for our 10 & under program!**

Program Options -

**Thursday/Saturday - \$80 per month**

(Thursday's, 6:30 – 8:30 pm, at \*Noblesville Freshman Campus/  
Saturday's, 12:15 – 2:15 pm, at Indiana School for the Blind)

**OR**

**Saturday Only - \$40 per month**

(Saturday's, 12:15 – 2:15 pm, at the Indiana School for the Blind)

- Approximately 1 competition per month
- Travel to St. Louis in January & Cincinnati in February

**Saturday, September 11, 2010**

**FREE Try It Day – 10:30 – 1:00**

**Informational parent meeting 1:00 – 2:30**

Swimmers need a cap, goggles, towel and athlete should be able to swim a length in the pool unaided.

Call or Email: Ilene Arends  
706-0631 or [b12977@att.net](mailto:b12977@att.net) to sign up!

Call for information regarding programming for older swimmers.

*\* Practices will be held at ISBVI from 5:30 – 7:30 during the month of September. We will return to Noblesville in October.*