

Come Learn the Olympic Sport of Synchronized Swimming

Sponsored by the Hamden Heronettes

**and
Hamden Parks and Recreation**

Synchronized swimming requires a unique combination of strength and flexibility, grace and beauty, endurance and dramatic flair. Today it ranks among the most popular of amateur sporting events. More than 80 nations on 6 continents compete in synchronized swimming.

9 Sessions held on ***Monday*** and ***Wednesday*** Evenings
6:00pm – 7:00pm

July 7, 12, 14, 19, 21, 26, 28, Aug 2, 4

Where: Hamden High School Pool
Fee: \$135.00

Requirements: Children Must Be At Least 7 Years Old and Must Have Knowledge of Basic Swim Strokes (Freestyle, Breaststroke, Backstroke)

*Sign-ups will be held at the Hamden High School Pool
July 7, 2010 at 5:45pm*

Visit our website: www.heronettes.org

Synchronized Swimming Clinic - 2010

Name: _____ Age: _____

Address: _____ City: _____ Zip: _____

Phone # _____ Other _____ E-Mail _____

Make checks payable to: **Hamden Heronettes**

Mail to: Hamden Parks & Recreation, Heronettes Clinic
2750 Dixwell Ave, Hamden, CT 06518

Office Use Only	Amt Paid _____
Ck# _____	Cash _____
	Date Received _____