



The Heronettes are a 501(c)3 organization,
and are sponsored by the Town of Hamden
Department of Recreation

presents:

Intro to Synchro



Enjoy the only sport which combines
swimming, gymnastics and dance.
Discover Heronettes artistic swimming!

The Hamden Heronettes invite you to join our
recreational **Beginner Class** session of 6 classes.
All swimmers ages 7 & up welcome. You must be able to
swim the length of the pool (25 yards).

Bring a friend! You can enroll at the pool at the first class!



Spring session runs Mar. 10–Mar. 28
(snow makeup March 31 if needed)

Mondays & Thursdays 6:15–7:15 p.m.
Hamden High School Pool

Fee: \$90 for 6 classes

For more information,
contact **Head Coach**
Anna Montgomery at
hamdenheronettes@gmail.com

