

San Dieguito

# Synchro



## *Ever wanted to try synchronized swimming?*

San Dieguito Synchro is a year-round, competitive synchronized swim team. Synchro is fun for any age and every skill level. There is a masters program for you! Masters competitive program competes in synchro meets in July and October. We also have a non-competitive masters program, to learn new skills and stay in shape without competitions. For insurance purposes, all swimmers must register for annual membership with USA Synchronized Swimming. Come by and give it a try! Your first lesson is free!

### Competitive Masters

**Tuesdays & Thursdays 7-9 pm**  
**Optional Saturdays 8-9:30am**

**2 day program:** \$100.00 per month  
**3 day program:** \$125 per month

**USA Synchro Fee:** \$75 due upon enrollment  
*Masters meet entry and costume fees paid for as season progresses.*

### Non-competitive Masters

*Saturdays 8-9:30am*

*Fees: \$15 per session*

**USA Synchro fee :** \$45 upon enrollment

**Mail tuition by 10<sup>th</sup> of each month to:** San Dieguito Synchro  
3440 Lebon Dr. #4214  
San Diego, Ca 92122

**Pool Location:** Cathedral Catholic High School, 5555 Del Mar Heights Road, San Diego  
**Our Website:** [www.SDSynchro.org](http://www.SDSynchro.org)  
**Contact:** Head Coach Danielle Waite ~ (619) 822-7153 ~ [Danielle@sdsynchro.org](mailto:Danielle@sdsynchro.org)