

SDS Programs

San Dieguito Synchro is a year-round, competitive synchronized swim team. There is a program for everyone! Annual tuition is paid over 11 months, September through July (no payments in August). Synchro Meets are December through July. All swimmers are registered with USA Synchronized Swimming. We practice at Cathedral Catholic High School; 5555 Del Mar Heights Rd. San Diego.

Novice Program

Saturdays: 9:30-11:30am

Intermediate Program

Tuesdays & Thursdays: 4-6pm

2 Saturdays per month: first and third Saturday of each month: 9:30-11:30am

11-12 Age-group

Tuesday & Thursday 5-8pm

Saturday 8-12:30

13-15 Age-group

Monday (starting Oct. 10th) 7-9pm

Tuesday & Thursday 5-8pm

Saturday 8-1

16-17 Age-group

Tuesday & Thursday 6-9pm

Saturday 8-1

Sundays 12-2

Age-group small routines

Tuesdays and Thursdays 8-9pm

Fridays 4-7pm

Saturdays 12:30-2

Sundays 10-2

Masters

Tuesday & Thursday 7:00-9:00

Masters non-competitive Saturday 8-9:30am