

# 2021 Synchronized Swimming Clinic Registration is Open!



## Our 2021 Summer Clinic is for Those Who ...

- LOVE the Water & Enjoy Dance & Gymnastics Routines Choreographed to Music
- RANGE in Age from 5-12 and are able to swim 25 yards on their own
- May want to join a Competitive Team

The Serinas have been around since 1977 and are a Nationally Recognized Synchronized Swimming Team! We are dedicated to creating and displaying a blend of art, dance, music and strength.

## Clinic Offerings for Summer 2021 held at Trousdell Aquatic Center

Session 1: July 12- August 4 Monday & Wednesday mornings 9:30-11:00 am \$300

Session 2: July 13- August 5 Tuesday & Thursday evenings 5:30-7:00 pm \$300

**What will I learn at clinic?** Our coaches (who were all Junior Olympic synchronized swimmers themselves) will lead swimmers through stretches and lap swim for warm-up. Swimmers will learn the fundamental elements of synchronized swimming, and practice a short routine set to music. They will get to perform the routine on the final day of clinic.

**How do I Register?** Go to [www.serinas.org](http://www.serinas.org) and fill out the registration form. **Questions?** email us at [JoinSerinas@gmail.org](mailto:JoinSerinas@gmail.org)

**What will I need?** Sunscreen, Swim Suit, Towel, Goggles, Water Bottle. We will provide a nose clip and swim cap.

