



Do You Like to Swim?

*We Welcome Swimmers
Ages 6 to 19!*

Competition



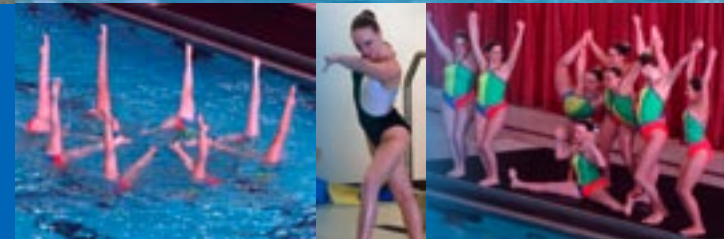
*Join the
Fun of Synchro*



Teamwork



Friendship



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What Is Synchronized Swimming?

- Synchronized swimming is a sport for swimmers who enjoy music, dance, and team camaraderie.
- Swimmers improve their mental discipline and physical condition.
- The season spans 8 to 11 months of the year, depending on individual and/or team achievement at competitions.
- Members range from 6 to 19 years old.

Who Is MNS?

- The Minnesota Synchronettes is a youth club coached by a group of enthusiastic, professional, and experienced adult swimmers.
- Though not directly affiliated with any of the public schools, many swimmers compete and excel on local school district teams.
- The club is a private, non-profit organization with a board of directors and many active parents.
- Our experienced swimmers are excellent role models and mentors for younger swimmers.
- The club was formed in 1998 and competes effectively against other excellent regional and national clubs.
- Most MNS swimmers are from Minneapolis and the west, northwest, and southwest suburbs. Teams practice 2-5 times per week, typically at Wayzata or St Louis Park pools.

How Can I Join?

- We would love to have you join our team!
- We offer a trial period in the fall.
- Contact us for details, including practice times, locations, fees, competitive team programs, high school pre-season programs, and registration forms.
- Check out our website at <http://www.mnsynchronettes.org> for more information!

