

Serina Novice Fall League

League starts: September 14th, 5:30 p.m.

Description of League: A 10 week clinic in which swimmers will learn the basic mechanics and training of synchronized swimming. Skills learned will include different types of sculling: torpedo, support scull and standard scull. They will also learn novice figures and elements. At the end of this league the swimmer may transition to the competitive novice year round program.

Date and Time: September 14th through November 18th, Monday and Wednesday 5:30 to 6:30 p.m.

Location: Trousdell pool John Knox Road.

Eligibility: Ages 7 and up, with ability to swim 1 lap of freestyle and 1 other stroke.

Cost: \$150 league fee +
\$30 US synchro registration fee

