

## Synchronized Swimming Venues

Casey Aquatic Centre  
Crn Overland Drv & Princes Hwy  
Narre Warren 3805  
Ph. 9705 5000 / 9705 5508  
vicsynchro@live.com.au

PLC Aquatic Centre  
141 Burwood Hwy, Burwood 3124  
Ph. 9808 0277/9805 7880  
aquatic@plc.vic.edu.au

Ringwood Aquatic Centre  
Greenwood Ave, Ringwood 3134  
Ph. 9298 4520  
vicsynchro@live.com.au

Victoria University  
(Footscray Park Campus)  
Ballarat Road, Footscray 3011  
Ph. 9919 5067  
vicsynchro@live.com.au



**Victorian Synchronized Swimming**  
E-mail:  
**vicsynchro@live.com.au**

**Yes, I am interested in Synchronized Swimming. Please contact me:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Yes, I am interested in becoming a Friend of Synchro. Please contact me:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Please mail to:  
VSSI, PO Box 5078, Laburnum 3130



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# Introduction to Synchronized Swimming



Victorian Synchronized  
Swimming Inc.

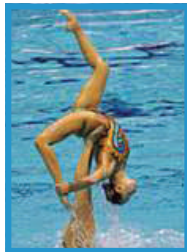
## What is Synchronized Swimming?

Synchro is an Olympic sport which combines elements of swimming, dance & gymnastics – all while being performed to music.

Synchronized swimmers wear nose clips to keep water from going into their nose & use underwater speakers to keep routines in time to the music.

Synchro encourages:

- Creativity
- Fitness
- Flexibility
- Friendships & fun!



## Come and Try Synchronized Swimming

Contact your local club for an introductory synchronized swimming lesson. Victorian Clubs are listed on the back of this brochure.



## Who can do Synchronized Swimming?

Synchro is for all ages!

Participants need to be able to swim at least 25m of a competitive swimming stroke and be comfortable in deep water.

## Become a “Friend of Synchro”

- Receive e-newsletters to keep you up-to-date with the latest synchro news
- Stay informed about upcoming events and competitions
- Support this growing sport

To join contact us at:  
[vicsynchro@live.com.au](mailto:vicsynchro@live.com.au)



**Interested in Synchronized Swimming? Come and have a GO!**