

ANA Synchers Weekly News
June 12, 2008

FREE CLASS FLYER - HELP PROMOTE SYNCHRONIZED SWIMMING!

Attached please find a synchro flyer for a SAMPLE synchro class for new swimmers interested in seeing what synchro is all about. Please pass along to your friends and encourage them to attend. Free class is June 17th, so get the word out!

FUNDRAISER at the DiSH on June 25th:

Parents, please see the attached flyer. The Dish is offering the ANA Synchers 10% of all sales on June 25th. Take a look at the June menu, order any time between now and then, and pick up food dishes on the 25th to support the team!! Please send this flyer along to friends and family that may be interested....thank you!!

Any questions, please contact Maria Crockett 781 325-2022.

Take a night off from cooking while still feeding your family a home-cooked meal! Winner of the Best of Northshore Award, DiSH is a high quality alternative to take out that allows you to eat nutritious, delicious food without all the hassle of planning, shopping, meal prep, and clean up. Enjoy some extra time with your family. <https://dinnerbydish.com/>

SUMMER SYNCHRO CLASSES AT THE ANA YMCA

The ANA Synchers will be offering summer classes for 11-12 AG, Intermediate and Novice swimmers. Registration begins June 17th. Session A July 1-28, Session B July 29-Aug 25.

Synchro Flamingos
(4 week program)

Participants will build on skills learned in Synchro Dolphins program. This class will introduce more challenging skills including compulsory figures, routine elements and team swimming. In addition, participants will learn a routine to music. This class is ideal for those who wish to continue developing competitive skills at a non-competitive level. Practice commitment is two days per week, including dry land training. Classes will be held Andover/North Andover YMCA Lap pool.

SS I	SS II	
#7000A	#7000B	Monday, Wednesday 3:30 - 5:00pm

Fees: (2x week): Family \$150 General \$175, Participant \$225

REMINDERS:

Letter of Commitment due to Svetlana, smalinovskaya@mvyymca.org by June 13, 2008.

PARENT MEETINGS FOR SWIMMERS ATTENDING NATIONALS

11-12 team parents - June 17th Tue 6.30PM

13-15 team parents (9 swimmers) June 12 Thu 8.30PM

16-19 team parents (16 swimmers) and Ashley - swimmer and coach June 19th Thu 8.30

FIND IT ON THE WEB -

Anything you feel you've missed recently regarding Synchro news? Check the website first
www.ANASynchers.org