



You are invited to SWIM WITH THE SHARKS  
Friday April 11  
SYNCHRONIZED SWIMMING TRY IT

**Looking for something new and fun to do? Try a new sport?  
Challenge yourself? Make a new friend?**

Come on out for the Coquitlam Sharks *Try it Synchronized Swimming*.

**Synchronized Swimming** is a beautiful and graceful sport, combining the grace of dance with the strength and power of cheer. You will get to learn a few synchro moves and learn what it takes to put together a routine.

**If you are between the ages of 9 and 18 come on out and give it a try!**

**When:** Friday April 11<sup>th</sup>

**Time:** 1pm – 2:30pm

**Where:** Poirier Sport and Leisure Centre (633 Poirier Street, Coquitlam)

**Cost:** It's free!

**Pre-requisites:** You just need to be comfortable in the water and able to swim at least 25 m without stopping.

**What to bring:** A bathing suit and towel. That's all you'll need.

**How to Register:** Just show up and register at the door!

**Questions:** e-mail [info@coquitlamsharks.ca](mailto:info@coquitlamsharks.ca)

[www.coquitlamsharks.org](http://www.coquitlamsharks.org)

**SEE YOU IN THE WATER!**