

## Synchronized Swimming What is it?

A creative routine that is performed in a swimming pool or a swim tank that coordinates Acrobatics, Swimming and Dance.



Synchro swimmers can hold their breath for up to 3 min underwater



Teamwork, Flexibility  
& Strength



Synchro swimmers perform skills like splits, twists and acrobatic flips

**Task** – You will need a pencil/coloured pencils or pens and some paper.

1. Look at the picture to the left. What shape are the synchro swimmers making?
  - Can you think of 2 other shapes they could make as a group?
  - Now draw one of your shapes showing how the swimmer's bodies would create the shape.
2. Synchro swimmers always wear eye catching costumes that can be seen easily in the water. Using your pencils can you design a team costume that is bright and full of colour. Remember you can make it as wild as you like!

