

Attn: Assignment Desk

PHOTO OPPORTUNITY

Synchronized Swim Team Performance
3 p.m., Saturday, May 31, 2014
Mission Valley YMCA

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**Better than an NSYNC Reunion: The Synchronettes!
Mission Valley Y's Synchronized Swim Team Performs May 31, 2014**

Mission Valley YMCA's **Synchronettes Swim Team** will perform at **3 p.m., Saturday, May 31, 2014 at Mission Valley YMCA**. The group, comprised of 13 women ages 35 to 75, will don costumes, turn up the music and entertain with synchronized swim routines to several generation-spanning hits, including "Happy," "In the Mood," "California Girls" and, of course, "YMCA." The show will be in the Bruce Hazard outdoor pool at the Y, 5505 Friars Road.

The Synchronettes practice **from 9:35 a.m. to 10:25 a.m., Tuesdays and Fridays**. The ladies would welcome the opportunity to **teach a routine to any reporter willing to jump in and get wet!** Instructor/aquatic trainer KL Scott and longtime members Becky Greene and Ann Dahlkamp are available for interviews.

Inspired by the school-age Sweetwater Dolphins (now the San Diego SeaStars), the Synchronettes formed in 2008. Over the years, these women (and some men) have found a unique way to blend the pursuit of exercise with a love of being in the water, the challenge of executing complicated routines and the fun of being in a social environment at the Y. See event details, program and pictures: <http://www.missionvalley.ymca.org/news/events.html#synch>

About Mission Valley YMCA:

Mission Valley YMCA is the largest YMCA in San Diego County, with five locations serving more than 25,000 San Diegans with a focus on encouraging healthy living, helping young people develop to their fullest potential, and promoting social responsibility. Committed to serving the community, the Y offers a range of programming and financial assistance, ensuring that the community has access to critical programming regardless of ability to pay. More information can be found at www.missionvalley.ymca.org

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