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| CENTRAL DIVISION |   |   |   |
|   | **East Midlands** |   |   |
|   | Bramcote AquaStars SC | Nottingham | [www.aquastarssynchro.com](http://www.aquastarssynchro.com/) |
|   | Green Arrows SSC | Nottingham | <http://greenarrows.wix.com/synchro> |
|   | Leicester SSC | Leicester | no website |
|   | Rykneld SC | Clay Cross  | <http://www.rykneldsc.co.uk/synchro.html> |
|   | **West Midlands** |   |   |
|   | City of Birmingham SC | Birmingham  | <http://www.synchro.org.uk/> |
|   | Rugby SC | near Coventry | <http://www.rugbysynchro.com/> |
|   | Walsall SSC | Walsall | <http://www.walsallssc.webeden.co.uk/> |
| LONDON & EAST DIVISION |   |   |   |
|   | **London** |   |   |
|   | Aquavision SSC | North London | <http://www.aquavision.org.uk/> |
|   | Barnet Copthall SC | North London | <http://www.barnetcopthall.com/> |
|   | Erith & District SC | near Bluewater | <http://www.edsc.org.uk/html/synchro.html> |
|   | Seymour SSC | London Victoria | <http://www.seymoursynchro.org.uk/> |
|   | Kingston Ladies SSC |   | http://www.klsc.org.uk/ |
|   | **East Division** |   |   |
|   | Aqualina SSC | near Luton | <http://www.aqualinassc.co.uk/> |
|   | Bedford SSC | Bedford  | <http://www.bedfordsynchro.co.uk/> |
|   | Brentwood SC | east of London | <http://www.brentwoodswimmingclub.co.uk/synchro.aspx> |
|   | Chelmsford SC | northeast of London | <http://www.chelmsfordswimmingclub.org.uk/synchro.php> |
|   | Clacton-on-Sea SSC | east coast near Colchester | no website |
|   | Dacorum Synchro SC | Hemel Hempstead  | <http://www.dacorumsynchro.com/Pages/default.aspx> |
|   | Norwich SSC  | Norwich | <http://norwichsynchro.com/> |
|   | Potters Bar SSC | north of London | <http://www.pottersbarsynchro.co.uk/> |
| NORTHERN DIVISION |   |   |   |
|   | **North East Region** |   |   |
|   | Borough of Kirklees SC aka "BOK Synchronettes" | north of Peak District (Huddersfield) | <http://www.bokswimmingclub.co.uk/synchro/> |
|   | Gateshead SSC | Newcastle | <http://gatesheadsynchro.wix.com/gatesheadsynchro> |
|   | City of Leeds SSC | Leeds | <http://leedssynchro.wix.com/leedsynchro> |
|   | Leeds Kingfishers | Leeds | <http://leedskingfishers.org.uk/> |
|   | Leeds Mermaids SSC | south Leeds | <http://leedsmermaids.wix.com/leeds-mermaids> |
|   | Pudsey Pearls SSC | northwest of Leeds | <http://www.pudseypearls.com/> |
|   | Edinburgh SSC | Edinburgh | <http://www.edinburghsynchro.co.uk/> |
|   | South Yorkshire Swans | near to Sheffield | <http://www.southyorkshireswans.org/> |
|   | Halifax | southwest Leeds | <http://www.halifaxsynchro.co.uk/> |
|   | **North West Region** |   |   |
|   | Trafford SSC | Manchester | <http://traffordsynchro.co.uk/contactus.html> |
|   | Stockport Metro SC | southeast Manchester | <http://www.stockport-metro.co.uk/index.php?option=com_content&view=article&id=698> |
|   | City of Salford SSC | west of Manchester | <http://www.cosssc.co.uk/> |
|   | City of Preston Aquatics |   | <http://cityofprestonaquatics.club/> |
|   | Kendal | Cumbria | no website |
|   | Southport |   | no website |
|   | Troutbeck Bridge |   | no website |
| SOUTHERN DIVISION |   |   |   |
|   | **South East Region** |   |   |
|   | Brighton SC | Brighton | <http://www.brightonsc.co.uk/how_to_join.html> |
|   | Henley SSC | north of Reading | <http://henleysynchronisedswimmingclub.org/> |
|   | Jersey Etaile SSC | Jersey | <https://www.facebook.com/pages/Jersey-Etaile-Synchro-Club/255463824593085> |
|   | Medway Mermaids SSC | east of London  | <http://www.medwaysynchro.btck.co.uk/> |
|   | Portsmouth & District SSC | Portsmouth | <http://www.portsmouthanddistrictsynchro.co.uk/> |
|   | West Wight SC | Isle of Wight | no website |
|   | Witney & District SC |   | <http://www.witneysynchro.co.uk/> |
|   | Reading Royals  | Reading | <http://readingroyalssynchro.btck.co.uk/> |
|   | Bracknell SSC | near Reading | <http://www.bracknellsynchro.co.uk/> |
|   | Rushmoor SSC | near Guildford | <http://www.rssc.org.uk/> |
|   | Hythe Aqua SC | southeast coast | <http://www.hytheaqua.org.uk/SynchronisedSwimming.html> |
|   | Portsmouth Victoria SSC | Portsmouth | <http://www.portsmouthsynchro.co.uk/> |
|   | Brighton Dolphin SC | Brighton | <http://www.bdsc.co.uk/swimmingsynchro.htm> |
|   | Calne Alpha 4 SC | northeast of Bristol | http://www.calnealpha4.co.uk/Home/Synchro |
|   | **South West Region** |   |   |
|   | Cheltenham | Cheltenham | <http://www.cswpc.co.uk/wordpress/?page_id=47> |
|   | Chippenham SC | east of Bristol | <http://www.chippenhamasc.org.uk/synchro> |
|   | Exeter SSC | Exeter | <http://devonswimming.org.uk/synchro.htm> |
|   | St Austell SC | in Cornwall | <http://www.staustellswimming.co.uk/> |
|   | Taunton Deane SC | Devon | <http://www.tdswim.co.uk/index.php?option=com_content&view=article&id=137:age-group-record&Itemid=1> |
|   | West Dorset SC | South Devon | <http://www.wdwarriors.org.uk/?page_id=267> |
|   | Bristol Central SC | Bristol | <http://www.bristolcentralsc.co.uk/index.php/synchro> |
| OTHER |   |   |   |
|  | Aquabatix | London | http://www.aquabatix.com/ |
|   | GB Swimstars |   | <http://www.gbswimstars.com/index.html> |
|   | Out to Swim | London Victoria |   |