

Marlin's Swimming Groups / Practice Times

Pre-Marlins Monday & Wednesday 5:30 – 6:00 PM

The pre-marlins group is for the novice swimmer that has advanced beyond swim lesson, but still has difficulty swimming 25 meters non-stop. Instructions will primarily focus on freestyle and backstroke.

Junior Marlins I Monday & Wednesday 6:15 – 7:00 PM

Junior I will continue to master freestyle & backstroke, and begin butterfly & breaststroke training. Must compete in a meet at least once every two months.

Junior Marlins II Monday, Tuesday & Thursday 6:30 – 7:30 PM

Mastered all strokes, but requires conditioning. Focus on start and turns. Introduce interval training and emphasize proper stroke technique. Must compete in a meet at least once a month.

Junior Marlins III Monday thru Thursday: 6:30–8:00 PM; Saturday 9– 10:30 AM

Junior III's are advanced swimmers and focuses are on conditioning, stroke/turn techniques and daily interval training. Swimmer begins to set goal. * Prerequisites: 50 freestyle under 40 seconds, 100 freestyle under 1:30, complete 8 X 100 freestyle on 2:00 intervals. Plus coach's approval. Meets Mandatory

Senior Marlins Monday thru Thursday: 6:30– 8:30 PM; Saturday 9 - 11 AM

Senior level focuses on overall conditioning, detailed stroke technique and goal setting. * Prerequisites: 50 freestyle under 30 seconds, 100 freestyle 1:08, complete 8 X 100 freestyle on 1:30 intervals. Plus coach's approval. Meets mandatory

Note: All times are in short course meters

Junior III and Seniors must make a minimum of 4 workouts per week.

Pre-marlins thru Junior's II can make-up practice on Saturday by appointment only. (Contact a coach for approval and time)

Swimmers who do not make the practices as scheduled; will be moved from their present group to the next lower group.