

CMSA West Site
Formerly the WEST MOBILE MARLINS

Located at the Providence Wellness Center Pool
Head Site Coach: Brian Evans

Seasonal Training Groups
Quarter # 4 (March 5 - May 11)

Red Group- This class is designed for 5-8 year olds who need to learn the proper stroke techniques of the 4 strokes and other basic principles of competitive swimming. Students will need to be able to swim 25 yards unassisted. There are 2 practices per week: Tues & Thurs. 4:15-5:15

White Group- For swimmers ages 6-10 years old with some previous experience and ***novice*** competitive swimming ability. Participants will need to be able to perform all 4 strokes and practice ***50 yard events***. Swimmers may attend 3 practices each week. Practices are held on Tues, Wed & Thurs 4:15-5:15. Local competition is recommended for members of this group.

Blue Group- This class is for swimmers ages 7-12 years old with some previous experience and ***intermediate*** competitive swimming ability. Participants will need to be able to practice ***100 yard events***. Swimmers may attend 3 practices each week. (2-Primary days - Tues & Thurs 4:15-5:15) plus (1-additional day either a Wed 4:15-5:45 or a Friday 4:00-5:30) Local competition is recommended for members of this group.

Senior 1 Group-This is a competitive training group designed for middle and high school students ages 12-18 year olds with intermediate competitive swimming ability. Swimmers may practice 3 days each week. (Tues & Thurs 5:15-6:45 and Fri 4:00-5:30) Local competition is recommended for members of this group.

All Training 4th quarter programs are \$140

Multi-swimmer family discount:: First 2 oldest regular price, third swimmer half price, all additional swimmers are at no charge.

For more information go to www.westmobileswimclub.com/marlins or contact Brian Evans @ brianevans2@bellsouth.net

