


STRONG TEAM CONFIDENT SWIMMERS



**Sea Dragons Swim Team • NON-COMPETITIVE
MARIN YMCA**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



For swimmers, ages 5-18. Marin YMCA'S swim team program's core values are to foster an environment that allows individuals to become superior swimmers and better people, to contribute to team camaraderie and sportsmanship, and to build lifelong skills consistent with the Y's mission and cause. Our experienced coaches are all products of wonderful swim teams, and they will help with stroke technique and endurance work, all while in a fun, social setting. Requirements: Must be able to swim 1 length of all 4 strokes - freestyle, backstroke, breast stroke & butterfly).

REGISTRATION: Begins August 1st, 2018

DATES: September 4th - February 22nd
Tuesdays, Thursdays & Fridays • 4:00-5:00pm OR 5:00-5:45pm

FEES: Facility Members: \$315 • Community Participant: \$387

REGISTRATION: Begins December 7th, 2018

DATES: March 12th - May 31st
Tuesdays, Thursdays & Fridays • 4:00-5:00pm OR 5:00-5:45pm

FEES: Facility Members: \$258 • Community Participant: \$309

REGISTRATION: Begins April 5th, 2019

DATES: June 11th - August 9th
Tuesdays, Thursdays & Fridays • 4:00-5:00pm OR 5:00-5:45pm

FEES: Facility Members: \$230 • Community Participant: \$290

For more information, contact Megan Turrell at mturrell@ymcasf.org • 415.446.2132

MARIN Y | 1500 Los Gamos Dr. San Rafael, CA 94903 | P 415.492.9622 | ymcasf.org/marin



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CONFIDENCE GAINED WITH EVERY STROKE

Sea Horses Swim Team Prep • NON-COMPETITIVE MARIN YMCA

For swimmers, ages 5-9. Marin YMCA'S swim team prep's purpose is to instill a sense of confidence and elevated skill to prepare swimmers for a higher standard. With similar concepts as of our swim team curriculum, swim team prep is ran all year round. Our experienced coaches are all products of wonderful swim teams, and they will help with stroke technique and endurance work, all while in a fun, social setting.

Requirements: Must be able to swim 1 length of freestyle and backstroke.

REGISTRATION: Begins August 1st, 2018

DATES: September 3rd - February 20th
Mondays & Wednesdays • 4:00-4:30pm

FEES: Facility Members: \$295 • Community Participant: \$354

REGISTRATION: Begins December 7th, 2018

DATES: March 11th - May 29th
Mondays & Wednesdays • 4:00-4:30pm

FEES: Facility Members: \$230 • Community Participant: \$290

REGISTRATION: Begins May 11th, 2019

DATES: June 17th - August 7th
Mondays & Wednesdays • 4:00-4:30pm

FEES: Facility Members: \$230 • Community Participant: \$290

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