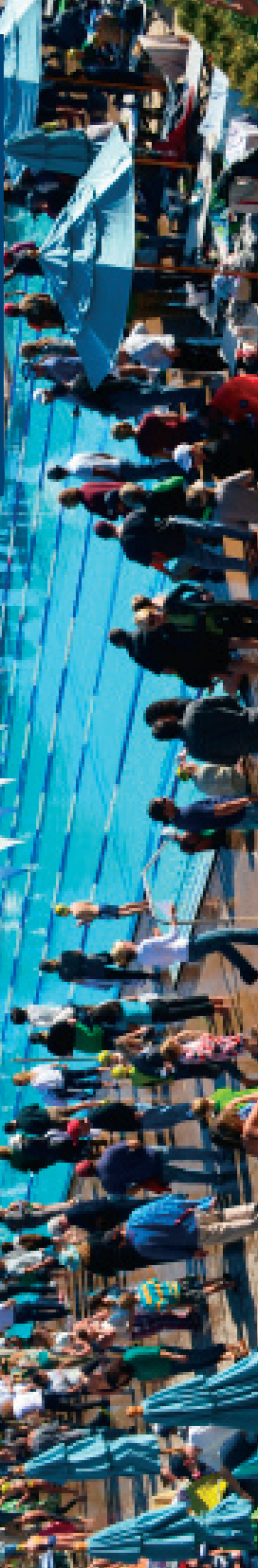


We provide a healthy approach to competitive swimming by guiding and supporting all our swimmers, regardless of their abilities, as they strive to reach their potential.



Spring/Summer Practice Schedule

April 1-June 14

	Jr Marlins 4	Jr Marlins 5	Jr Marlins 6	Group 1	Group 2	Group 3	Group 3 (am)
Monday	3:45-4:15			4:15 - 5:00	5:00 - 6:00	6:00 - 7:30	
Tuesday		3:45-4:15		4:15 - 5:00	5:00 - 6:00	6:00 - 7:30	6:00 - 7:00 (L)
Wednesday	3:45-4:15		3:15 - 3:45	4:15- 5:00	5:00 - 6:00	6:00 - 7:30	
Thursday		3:45-4:15		4:15 - 5:00	5:00 - 6:00	6:00 - 7:30	6:00 - 7:00 (L)
Friday			3:45 - 4:15	4:15 - 5:15	4:15 - 5:15	5:15 - 6:45	
Saturday						10:00 - 11:30 (D)	10:00 - 11:30 (D)

June 17-July 18

	Jr Marlins 7	Jr Marlins 8	Group 1	Group 2	Group 3	Group 3 (am)
Monday	4:00-4:30		4:30 - 5:20	5:20-6:20	7:00-8:30 Drake	
Tuesday		4:00-4:30	4:30 - 5:20	5:20-6:20	7:00-8:30 Drake	
Wednesday	4:00-4:30		4:30 - 5:20	5:20-6:20	7:00-8:30 Drake	
Thursday		4:00-4:30	4:30 - 5:20	5:20-6:20	7:00-8:30 Drake	
Friday					7:00-8:30 Drake	
Saturday	Jr Marlins 7 & 8 start May 29 - 3:45-4:15				10:00 - 11:30 (D)	



Pacific Coast Marlins Swim Club
Coach Buffy Patterson

Rafael Racquet Club
95 Racquet Club Drive
San Rafael, CA 94901
www.pacificcoastmarlins.com
415-456-1153

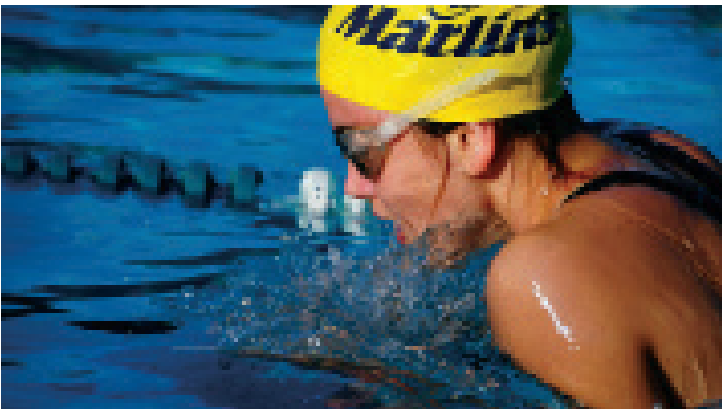
Pacific Coast Marlins Swim Team

Our Team

The Marlins have been a part of the Rafael Racquet Club since its beginning in 1961. This long tradition of youth swimming is what drives our team: excellence in coaching, the pursuit of healthy youth sport, and an appreciation for one of life's greatest joys: the water!

Our Pool

The Rafael Racquet Club pool is the perfect combination of high-tec construction meets beautiful design. The pool has a state of the art salt chlorination system which keeps young skin soft and irritation free, while the waveless gutter system makes swimming in every lane a joy.



Spring/Summer Session: April 1-July 18

Join us for our biggest session of the year! While we are a year-round team, this session is, understandably, our most popular. Sign up early as spaces for some groups fill up quickly.

Try-Outs

(Jr Marlins)
March 25-29, 3:45-4:15pm
415-456-1153
bpatterson@rafaelracquetclub.com

Home Meet Schedule

April 20
June 1
June 29
(dates subject to change)

Social Team Events

Movie Nights
S'more Social
Team BBQs

Gear

To start, all you need is a swimsuit and goggles. Parkas and logo wear are available but not required.

Jr. Marlins

5 and older

Swim 25 yards

2 practices / week

Home meets optional

This is a great introduction to swim team where our young swimmers learn a more efficient stroke while working in a group.

Group 1

7 and older

Swim 100 yards

Kick 100 yards

2 practices/week

Home meets

Away meets optional

This is a great transition from swimming lessons to swim team where young swimmers focus on swimming skills and the basics of swimming etiquette while having fun.

Group 2 & 3

(Inquire with Coach Buffy about joining Group 2.)

10 and older

Swim 200 yards

Kick 200 yards

3 practices/week

Introduces pacing and interval training

Home meets required

Away meets optional

