

**MONTGOMERY SWIM ACADEMY**  
**MARLINS SWIM TEAM**

**ALL TRAININGS ARE TUESDAY AND THURSDAY**

**Three Training Groups**

**Little Marlins**

ALL 8/us, plus 10/u's and 12/u's who are newer to competitive swim (have less than one full year of prior competitive swim team experience), with 2 legal strokes

**Marlins Junior**

9 yo and up - those continuing to build pace, speed and endurance during practice. Has had at minimum summer swim team experience, with 3 legal strokes.

**Marlins Senior**

10 and up. - those who have completed an entire year in a competitive swim program (Marlins or elsewhere); swimmers must have all 4 legal strokes, **COACH Selected Group**

Cost varies depending on season, however typically breaks down to \$20/hour.

**THERE ARE NO MAKEUPS FOR MISSED PRACTICES.**

**Practice / Lesson Etiquette**

Swimmers are **expected to arrive 5 minutes prior** to their lesson time. Swimmers must be prepared to swim at the start of lesson/practice. This means the swimmer has his/her cap, goggles, and towel and is ready to start on time.

We start each lesson/practice promptly. Swimmers arriving late are a distraction to the rest of the swimmers. Your help regarding this matter is sincerely appreciated.

**HOUSEKEEPING NOTES**

- **No parent/guardian/sibling etc are to be on deck unless asked to do so by a member of staff except in the case of an emergency.**
- **Do not stand in the area between the pool entry and stairs to the seating area.**
- **We CAN NOT (and will not) discuss your swimmer on deck.** Please do not approach an instructor on deck, unless it is an emergency. If you have questions regarding your swimmer, you may email me directly and we will discuss via email. (Exception for Private lessons as noted in the Specific Private Lesson Policies).

- ALL belongings must be in the stadium seating.
- Swimmers must be **picked up promptly** after lesson/practice by a parent or guardian.
- Locker rooms - this is a school and locker rooms are used, on occasion, by visiting HS teams. There are NO FAMILY changing rooms - please adhere to locker room signage for appropriate use.
- DO NOT leave your car unattended in the fire lane to 'dash' in for a drop off or a pick up. The Fire Marshall will ticket and tow!

### **Swim Practice Equipment (brought by swimmer)**

- a. Goggles
- b. Swim cap (if hair is longer than shoulders). **THIS IS NOT OPTIONAL.**
- c. Proper swim suit (No baggy suits or Board shorts)
- d. Water Bottle (**NO GLASS**) for Academy level group lessons & Marlins Swim Team.