

Well sports fans, one month until the start of best season...

## The 2023 Marlins Swim Season.

For those of you who don't know, the Marlins are a competitive summer swim club with a social club attached, or sometimes it's the other way around. Our committee has worked hard this offseason to build a great program.

Think the Marlins team might be right for you and your family? There are two ways to find out!

- 1. Join us for Information night. Wednesday, April 5th 6:00 to 7:30 PM in the Senior Lounge. Meet the coaches, try on gear, ask questions about the program, snacks, see old friends and make some new ones.
- 2. The two week trial. Back by popular demand, the two week trial lets you join the team for \$85 and give the program a trial. With a historic conversion rate of over 90% it is worth a try.

The Marlins is a program that focuses on fun, fitness and friendship. Swimming significantly increases cardio fitness, and provides great cross-training that creates well rounded athletes.

While working to achieve personal goals, swimmers benefit from being part of a larger group - camaraderie is alive and well within the Marlins "family" - Marlinville.

The sport brings together children of all ages, enabling the whole family to participate together. The Marlins experience can be either competitive or recreational, and either way, our coaches will provide excellent skill development for all levels of ability. All your swimmer needs to do is be able to swim one length of the pool.

## 2023 Marlins Season At a Glance

May 1st - Pool opens and practices begin.

May 27-28th - Swim meets start.

July 1st - Marlinville road trip.

August Long - Regional Championships.

August 15th - Provincial Championships.

For more information please call 778-668-9333

Or email us at;

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President: Wade Bartok - wade@elitebodyshop.ca