

Spencerport Greece Marlins Swimming

P.O. Box 16376

Rochester, NY 14612

www.teammarlins.com

Parents and Swimmers,

The Marlins Swimming Team would like to help you start your new swimming season without any aches or pains. We are offering 7 practices of “GET IN SHAPE” .

WHEN: AUGUST 10th, 11th, 12th, 16th, 17th,18th, 19th

WHERE: Athena High School on Long Pond Road

10th 9:30AM – 11:30 AM

11th 9:30 AM – 11:30 AM

12th 9:30-11:30 PM

16th 6:00-8:00PM

Spencerport High School

17th 5:00-7:00 PM

18th 5:00-7:00PM

19th 5:00 – 7:00PM

COST: \$60

Coach Mark Bruno and myself have been with the Marlins for over 12 years. We have swimmers in the top ten in Niagara District, qualified for Zone meets, Speedo Championships, top three in Empire Games, High school State qualifiers and helped swimmers achieve personal best times every season.

We will be working on drills, techniques, starts and turns. But most important helping you be ready for a successful season.

If you are interested in signing up please email me at: coachcindy@teammarlins.com

The payment is due on the first practice and we will have a medical form for you to fill out.

Thank you,

Cindy DiNunzio

Head Coach

Spencerport-Greece Marlins Swimming

**Athena and Spencerport have cleaning & events going on during our training period. Please be aware of the location and times for each practice.