



## 2018 High School Swimmers' EDGE...with the Marlins!

Sharpen your swimming edge for the 2018 High School swimming; swim with the Marlins! If you are a seasonal swimmer who wants to perform at the highest level you can...swim with the Marlins. Don't wait till October to get fit--get fit *now*; get "swim-fit."

We will help you tune up your strokes, align breathing, streamline your underwaters, sharpen up turns, and starts—to put some "fast" into your swimming. You will be more ready than ever for high school swimming!



You can swim three-times-a-week for twelve weeks preceding the beginning of high school practices. Program begins **August 20** and continues through the week of **November 5**.

Fee for our "High School Swimmers' Edge" program is \$498 for 12-weeks, plus a \$48 registration fee for USA Swimming seasonal membership and insurance.



You will need running gear, suit, and goggles. We have fins and kick boards to lend.

To sign up, download, print, and complete an EDGE registration form.

Our web site is [www.mymariettamarlins.com](http://www.mymariettamarlins.com) Email Coach Lim at [yaunlins@bellsouth.net](mailto:yaunlins@bellsouth.net)

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