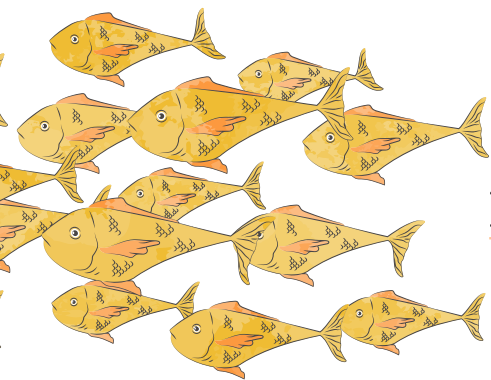




Mini Marlins

Pre-Competitive Swim Program

Alberta Marlin Aquatic Club - Fall 2025

Description of Group/Program and Group Goals

Our Mini Marlins program is meant for our youngest and newest athletes to the pool! This is for our pre-competitive swimmers (approximately ages 5-9) who will be introduced to competitive swimming skills while having FUN in the water!

The goal of Mini Marlins is to introduce kids to the world of competitive swimming and we hope that all Mini Marlins find a love for the pool and want to continue to the competitive groups as they develop! Swimmers will be introduced to proper technique in all four competitive swimming strokes and kicks. Specific focus will be on body positioning, streamlines, and kick. Swimmers must come to the pool ready to learn, have fun, and listen to their coaches.

To ensure that each child is learning at their skill level, we split each Monday/Wednesday and Tuesday/Thursday group into two groups; "Black" and "Gold".

- "Black" will focus on basic freestyle and backstroke techniques, as well as skills like streamlines and kicking to build proper body positioning and stability in the water.
- "Gold" will focus on learning the other two competitive swimming strokes, butterfly and breaststroke. They will continue skills to increase freestyle and backstroke endurance to prepare them for the competitive groups.
- Once swimmers have mastered the skills in the "Gold" group, they will be encouraged to join our first-level competitive program, JAG (Junior Age Group). To have mastered these skills, the swimmers in "Gold" must show that they can do the skills with good technique and without touching the bottom of the pool. This will also be reflected in their end of session report card!

Mini Marlins emphasize the FUNdamentals of swimming. A majority of the development and learning will be done through games and finding a love for being in the water! We kindly ask that parents allow the coaches to determine which group fits each child's skill development best. But, if you have any questions please ask a coach on deck or email Coach Lauren.

Minimum Entry Requirements

All new Mini Marlins swimmers must be a minimum of 5 years old and have a swim assessment; the assessment will be looking for the following:

- Is the swimmer comfortable in the water? (ie; comfortable putting face in, trying new things, floating, etc...)
- Are they able to swim 10-15m on their own in the shallow pool?
- The assessors (Mini Marlins Coaches) will also evaluate other skills to help determine the proper group placement.

Assessments can be booked at the beginning of each session during our “Free Swim Week”. You can book them by following a link on our social media pages/website to a google form or by emailing Coach Lauren at assistantcoach@marlin.ab.ca

Schedule

Mini Marlins offer two sessions throughout the year. One begins in the Fall (September) and the other in the Winter (January). Each session is 12 weeks long with two 45 minute sessions per week. Please refer to our website for specific dates.

- Monday/Wednesday at **4:15-5:00pm** OR
- Tuesday/Thursday at **4:30-5:15pm**

Any holidays, cancelled practices, reminders, or other information will be given notice via email from Coach Lauren. The email that you attach to the account used to register your swimmer is the email account that all emails will be sent to so please make sure it is current and one that is checked frequently!

At the end of each 12-week session, each swimmer will receive a report card that outlines their skills, what they can continue to work on, and what to register for next within AMAC! We will also conduct informal mid-session reports and baseline skill assessments to track their progression.

Registration and Cost

Online Registration:

Our registration is all online! To register your child in Mini Marlins, please go to our website (www.marlin.ab.ca) and click on the “Registration” tab in red in the middle of the page under the AMAC logo.

Then, select the Mini Marlins day of the week you would like to register for, and add it to your “cart”. When you go to your cart, the website will prompt you to log in to your Sports Engine (member) account. If you do not have an account, you will be able to create one from there. Once you have logged in, you will be prompted to fill out the information (including Photo Release and Swim Alberta forms) to register your swimmer! Then, all you will need to do is submit payment (notes below).

Please ensure that your swimmer’s t-shirt size (for team shirts) is accurate along with any necessary medical information, emergency contacts, and correct phone numbers and email addresses. This information is only available to our staff.

If you have any questions, or are struggling with registration, please contact our secretary, Jonelle Seeley, at secretary@marlin.ab.ca and she will be able to help you out!

Fees / Payment:

The fee for Mini Marlins is \$445 per 12-week session. This includes all equipment use, Swim Alberta fees, coaches fees, and pool fees!

The full payment for the 12-week session must be made before the first day of Mini Marlins and can be made via e-transfer or credit card (~3% fee).

E-Transfer: please send the full amount to treasurer@marlin.ab.ca as the direct deposit email and *put your child's name and group (Monday/Wednesday or Tuesday/Thursday) in the comment box* to ensure that the fees go to the correct swimmer!

Payment questions, concerns, or information on how to pay by credit card may be emailed to our treasurer at treasurer@marlin.ab.ca.

Forms:

To register your child with AMAC, we require a completed Swim Alberta Registration Form. When you register online, this form should be prompted to be filled out and stored with your online account file. If you think you may have missed the registration form or have questions about it, please email treasurer@marlin.ab.ca.

Equipment

Mini Marlins swimmers should have a proper fitting swimsuit that is comfortable to swim lengths in without needing to consistently be re-adjusted or tied and a pair of goggles. Swimmers with longer hair extending past their ears should tie their hair back for swim practice or wear a swim cap. All other equipment like kickboards and fins are supplied by AMAC for Mini Marlins practices.

Please let a coach know if you have any questions about swimsuits or equipment! AMAC also has discount codes with LY sports and Team Aquatic Supplies which are great to use when purchasing swimsuits and goggles!

LY Sports AMAC Discount Code: **AMACMARLIN**

LY Sports Home Page Link:

 [Men's & Women's Competitive Swimwear & Swimsuits - Ly Sports](#)

Team Aquatics AMAC Discount Code: **ALB3980DF10AA**

Team Aquatics Link:

 [Team Aquatic Supplies | Competitive Swimwear and Training Equipment](#)

Attendance:

If your swimmer is going to be away, especially for an extended period of time, please let us know by emailing Coach Lauren at assistantcoach@marlin.ab.ca.

The coaches take attendance each practice to ensure we have an accurate headcount, list of athletes in case of emergencies, and to track overall attendance alongside skill development.

FAQ's

How do we keep up with the team? Do you have social media?

We post results from competitions, swimmer highlights/achievements, and coach achievements/information on our Facebook and Instagram pages! You may also see our swim meet results post-competition in the Medicine Hat newspaper!

Our Instagram is @ albertamarlins and our Facebook is AMAC - Alberta Marlin Aquatic Club

What happens after my child completes all of the Mini Marlins skills?

Our program aims to prepare young swimmers (ages 5-9) for our competitive programs! If your child enjoyed Mini Marlins and is ready for the next challenge, a coach will let you know to sign them up for our "JAG" group. The JAG group is our first-level competitive program where they will swim in lanes and begin going to competitions! Please feel free to ask a coach or email Lauren for more information on our progression from Mini Marlins to JAG!

How do I know what they have been working on or what my child can improve on between sessions?

At the end of the session, your child will receive a report card showing which skills they excel at and what could use a little more work. At the end of each session, all swimmers will be re-evaluated to determine which group (Black, Gold, or JAG) they should register in next.

If at any point you have questions about your swimmer's progress in Mini Marlins, feel free to ask a Coach on deck after practice or email Coach Lauren and we will happily discuss this with you!

Do we, as Mini Marlins families, have any fundraising or other hidden fee obligations?

Nope! Mini Marlins families do not have any fundraising or other obligations.

However, if you would like to work at any of our fundraising events, like Bingo's, the credit earned may be added to your account and assist with fees for the next session! If you are interested in any volunteer or fundraising opportunities please contact Tara, our Vice President, at vicepresident@marlin.ab.ca. We also have three hosted swim meets in the 2025-2026 season and always need help on deck with those! The training for timing or other roles can be easily taken online. If you are interested in helping at meets, reach out to our meet director, Amber, at meet_director@marlin.ab.ca.

What certification(s) do the Mini Marlins coaches have?

All of our Mini Marlins coaches have completed specific swim coaching certifications under the Canadian Swim Coaching Association of Canada and National Coaches Certification Program (CSCA and NCCP). Our coaches continuously seek learning and improvement through professional development and mentorship from other AMAC coaching staff. Further, our coaches have all undergone thorough background checks, Ethical Decision Making courses, attend update information sessions with the CSCA and NCCP, and are registered under Swimming Canada with annually updated Coach Compliance checks. Some of our coaches are also National Lifeguard (NL) Certified and all have experience with swimming competitively!

For more information on our amazing Mini Marlins coaches, check out their brief biographies on the AMAC website!

What are we getting for the fee of Mini Marlins?

One session of Mini Marlins is \$445. With 12 weeks and 2 practices a week, this price is cheaper than almost any other lessons or clubs in Alberta while still offering high quality coaching and swim skill development.

Mini Marlins fees cover the cost of equipment use, pool rental, and coaching staff fees. AMAC is a non-profit so your money is going right back to the Mini Marlins program and we strive to keep fees as low as possible so sport is accessible for all.

Do we need to pay to come to the pool for Mini Marlins practices?

You do not need to pay entry fees to the facility for Mini's practices, the pool fee is covered by your AMAC registration fees. However, if you or your child wish to swim in any areas of the pool (aside from 5-10 minutes of hot tub time) before or after practice times, you will need to pay at the front desk or get a membership pass to scan!

Do Mini Marlins attend any competitions or swim meets?

No, Mini Marlins do not attend swim meets quite yet. However, Mini Marlins will do lots of practice racing in their sessions so that they are ready for the lanes!

Once they complete the skills in Gold and are deemed ready by the coaches, the next level is "JAG" (Junior Age Group) where they will begin competing and swimming in the lanes! More information on the JAG group can be found on our website or you can ask a coach!

***Unanswered Questions or Concerns? Email Mini Marlins Program
Lead, Lauren Miner: assistantcoach@marlin.ab.ca***