



The Mendocino Coast
Sea Dragons Swim Team
exists to improve the
well-being of the children
and youth of the
Mendocino Coast.

Get into the Swim!

...with the Sea Dragons...

MCSD is a competitive swim team that offers coaching and instruction for swimmers ages 6–18. Swimmers learn and practice proper stroke techniques in a fun environment, and we compete in local and regional swim meets. MCSD is a member club of USA Swimming, Zone 3 Pacific Swimming.

To find out more, come by the pool Monday–Thursday,
from 4:30–5:45 p.m., or E-mail Interim Head Coach
Derek Hutchinson at dhutchin@mcn.org



PACIFIC
SWIMMING

SWIM

Financial assistance is available. Se habla español.

FORT BRAGG AQUATICS SWIM TEAM



YOUTH SWIM TEAM
FOR AGES
6–17 YEARS.

Welcome to
F.B.A. Swim Team
&
'Intro to Team' Programs

C.V. Starr/Spath Aquatic Center
300 S. Lincoln St.
Ft. Bragg, Ca 95437

Join Now!

FORT BRAGG AQUATICS SWIM TEAM

Have Fun * Improve Strokes
Emphasis on technique
Healthy movements
Butterfly–Backstroke–Breaststroke–Freestyle

Regular Monthly Schedule:
Monday-Tuesday-Wednesday
4:30 - 5:00 - 5:30 PM
Cost: \$35 monthly team fee

"Intro to FBA" Programs:
* must become USA-S member

Bronze Group: M/W 4:30 or 5:00
Beginning swim strokes
Front/Back Float deep water

* Silver Group: M/W 4:30 or 5:00
Intermediate swim strokes
Swim Freestyle/Backstroke
Must pass Bronze standard

* Gold Group: M/T/W 5:00 or 5:30
Advanced swim strokes
Swim Breaststroke, Starts, Turns, Kicks
Must pass Silver standard

* Diamond Group: M/T/W 5:00-6:30
Structured training workouts
Must pass Gold Standard

FORT BRAGG AQUATICS SWIM TEAM

Sanctioned and governed by
USA-Swimming and
Pacific Swimming Zone 3
Since 2010

Our program offers:
Professional Coaching
Beginning to Advanced Skills
Health & Fitness education
Learn four competitive strokes

Full use of Spath Aquatic Center
Indoor - lap pool
25 yards X 8 competition lanes
Team colors: Red/Black

Choose a level that fits your skills.
Build your skills.
Increase your endurance, fitness.

Independently owned and operated
Enrollment limited!
Financial assistance may be available

For more information contact:
Coach Bob Rodriguez
landb@mcn.org
937-4271