

JOIN US AT BIRCHWOOD LAKE

# Mountain Lakes Summer Swim and Dive Teams

## REGISTRATION LINK:

<https://clubs.bluesombrero.com/Default.aspx?tabid=444989>

Email us: [mlswimdiveteam@gmail.com](mailto:mlswimdiveteam@gmail.com)

## HIGH SCHOOL STUDENTS

Register for the small fee of \$50 to be an official member of both swim and dive teams and compete in the Hub Lakes League.

We understand your busy schedules, come to practice when you can. You only need to compete in 2 evening meets to be eligible to compete in Championships and represent Mountain Lakes.

### Dive Team

5 week program: June 27-July 30  
Thursday Night Meets 5pm

Practice between 12-2pm

### Swim Team

6 week program: June 27-Aug 7  
Monday Night Meets 6pm

Practice between 2:30-4:30pm



## HIGH SCHOOL STUDENT SPECIAL

High School students (Class of 2026-2022)

**Only \$50 for Swim/Dive/Combo for the  
5-6 week programs**

**Great cross training for your other sports**

Beach tags must be purchased from the borough and are not included in the registration fees.

You must be a resident of Mountain Lakes to join the Summer Swim and Dive Teams.

You do not need to pass the beach test to participate as a High School Student. All swim and dive levels welcome.