

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

THE FINE PRINT

If you are 9 and under you must have a chaperone that is at least 16 years old at all times. You must be at least 5 years old to participate in the swim and dive teams.

If you are 12 and under, you must pass the Borough Beach Test to participate. If you do not pass the beach test you can register for the **Pre-Team**.

If you are 13 years of age and older, you do not need to take the beach test to participate.

You must have borough beach tags.
<https://mtnlakes.org/departments/recreation-department/>

You must purchase a team suit to participate in meets.
<https://promogear.com/MLS/wimandDive/shop/home>



REGISTRATION OPTIONS

Swim Team: \$250 6-week program

- June 27-Aug 7: 2:30-4:30 Practice duration will depend on skill level and age.
- Monday Night Meets 6pm at Birchwood Lake or close locally.

Dive Team: \$250 5-week program

- June 27-July 30: 12-2 pm
- Thursday Night Meets 5pm at Birchwood or Indian Lake.
- Mandatory meeting on June 23, 6pm and exhibition meet on June 28.

Both programs: \$350