

JOIN US AT BIRCHWOOD LAKE

# Mountain Lakes Summer Swim and Dive Teams

REGISTRATION LINK OPENS MARCH 13, 7PM

<https://tinyurl.com/4kt7avwv>

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/or 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

**June 26-July 29**

**Practice between 1-3 pm  
Thursday Night Meets 5pm**

### Swim Team

**June 26-Aug 6**

**Practice between 4-5pm  
Monday Night Meets 6pm**



## HIGH SCHOOL STUDENT SPECIAL

**High School students (Class of 2027-2023)**

**Only \$50 for Swim/Dive 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.

You must purchase a team bathing suit which is not included in the fees.