

BIRCHWOOD LAKE

# Mountain Lakes Summer

## Pre-team

REGISTRATION LINK OPENS MARCH 13, 7PM:

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

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



### THE FINE PRINT

- THIS IS NOT A DROP OFF PROGRAM
- You must be between 5-12 years of age for pre-team.
- If you are 12 and under you must have a chaperone that is at least 16 years old at all times at all ML beaches if you have not passed the beach test. These are the borough rules.
- You must have borough beach tags.
- You must purchase a team suit to participate in meets.
- Pre-team is meant to prepare you to pass the beach test and join the regular teams.
- 25 Yard swim tests will be given the first week of practice.



### REGISTRATION OPTIONS

**Pre-Team: \$350 5-week program**

**June 26-July 28**

**45-minute practices Max 24 kids/session.  
Space is limited, register early**

- **PRE TEAM 1: 1-1:45 PM**
- **PRE TEAM 2: 2-2:45 PM**
- **PRE TEAM 3: 3-3:45 PM**

**This is NOT beginner swim lessons. Do not register if your child cannot already swim at least 25 yards on their own.**