

JOIN US AT BIRCHWOOD LAKE

# Mountain Lakes Summer Swim and Dive Teams

<https://clubs.bluesombrero.com/Default.aspx?tabid=444995>

[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 one evening meets to be eligible to compete in Championships and represent Mountain Lakes.

### Swim Team

**June 23-Aug 3**

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

### Dive Team

**June 23-July 26**

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



## HIGH SCHOOL STUDENT SPECIAL

**High School students (Class of 2025-2029)**

**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.