

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

Swim Team

June 22-Aug 2

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

Dive Team

**Dates, time and location TBD
More information to follow as
it becomes available**



HIGH SCHOOL STUDENT SPECIAL

High School students (Class of 2026-2030)

**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.