Sponsored by West Milford Community Services & Recreation

- ❖ For ages 5-18 years that are capable of swimming 25 meters (one lap).
 - Practices held Monday-Friday in the afternoon at Bubbling Springs.
 - Improve stroke technique and endurance throughout the season.
 - Practices times 3:45-4:30, 4:00-5:00, and 5:00-6:00.
 - Practices start Monday, June 13th.
 - Parent volunteers are appreciated.
 - ❖ The swim team season ends Saturday, August 13th.
 - Swim meets typically held on Monday and Wednesday nights.
- ❖ BUBBLING SPRINGS LAKE MEMBERSHIP NOT REQUIRED TO BE ON TEAM.

******Volunteers Needed- Team Statistician*****

OUR TEAM'S MAIN FOCUSES:

1) Having fun 2) Being a part of a team 3) Improvement in swimming

How to Enroll -

Go online to www.westmilford.org. Click on Community Services & Recreation. Then "REGISTER HERE FOR PROGRAMS". Sign in to your Community Pass account. Look for "2022 BUBBLING SPRINGS;

Memberships, Lifeguard classes, Swim team"

If you need assistance, call the Recreation Office at 973-728-2860. Monday—Friday, 8:30 a.m. – 4:30 p.m.

Fee: \$150.00 1st Child / \$100.00 additional children.

LIMITED ROSTER SPOTS AVAILABLE

Email <u>Westmilfordswimteam@gmail.com</u> with team questions Email <u>ProgramCoordinator@WestMilford.org</u> with registration questions

