



COLA Swimming Middle School Swimmers COLA- Geaux Fast!

COLA invites you to stay in the pool with us and continue your swimming! Joining COLA means you will improve your technique, learn more about swimming, get faster, and have fun! At our practices we work on both technique and challenging our swimmers, which combine together for success in the pool!

COLA's Middle School Practice Options (Month of May): (Beginning Monday, May 6th)

- Monday/Wednesday/Friday 3:30-4:30
- Tech Tuesdays 7:00-8:00pm- This is a special practice combining technique and technology! We will be using video and other fun tools to learn more about swimming and become better swimmers.
- Saturdays 10:00-11:00

COLA's Middle School Practice Options (Month of June and July):

- Tuesday/Thursday 8:30-9:30am (We will still have Tech Tuesdays during that Tuesday morning!)
- Monday/Friday evening practices from 5:30-6:30 also available.

Costs:

- May, June, July \$254 (This includes your monthly fees and USS registration Fees)
- June and July Only \$184 (This includes your monthly fees and USS registration Fees)

These are our options for the summer. COLA Middle School practices will continue year round similar to the month and May schedule.

You can sign up at the pool or over the phone. To sign up fill out the swimmer info and emergency forms and return with your payment. Sign up by May 4th and receive a free COLA Geaux Fast T-shirt!

We have summer programs with Swim Team and Swim Lessons for all ages for siblings as well!