



## **COLA Summer Swimming COLA- Geaux Fast! Swimming for all Ages**

COLA invites you to join us this summer for the COLA Summer Swim Team! **Joining COLA means learning more about swimming, improving your technique, getting faster, and having fun!** At our practices we work on both technique and challenging our swimmers, which combines together for success in the pool! Summer Swimming

at COLA is for swimmers ages 4-18. Swimmers of all ability levels from the beginner to the more experienced are welcome! You must already know how to swim, but do not have to have any knowledge of the strokes. We will teach them!

### **COLA's Summer Swimming Practice May, June, and July (These Begin Monday, May 8th ):**

\*Practice Times Offered:

**May:** Monday/Wednesday/Friday 3:30-4:30 or Tuesday 6:00-7:00 (All at Robicheaux Center pool)

**June and July:**

Tuesday/Thursday 11:30-12:30 (Outdoor Pool off of Pinhook)

Monday/Thursday 6:15-7:15 (Outdoor Pool off of Pinhook)

Tuesday/Wednesday 6:15-7:15 (Robicheaux Center Pool)

Practice schedules are very flexible. Swimmers can come from once up to all the times a week that it is offered. Whatever works into your schedule best each week!

### **COLA's Summer Swimming for June and July (These Begin Tuesday, May 30 ) :**

**June and July:**

Tuesday/Thursday 11:30-12:30 (Outdoor Pool off of Pinhook)

Monday/Thursday 6:15-7:15 (Outdoor Pool off of Pinhook)

Tuesday/Wednesday 6:15-7:15 (Robicheaux Center Pool)

Practice schedules are very flexible. Swimmers can come from once up to all four times a week that it is offered. Whatever works into your schedule best each week!

**Meets:** There will be meets for swimmers to attend. Meets are optional. You will receive a meet schedule when you sign up! We will have two weekend meets and Three Thursday night meets.

**Costs:** \$210 for May, June, and July and \$160 for June and July Only. We offer multiple swimmer discounts. All participants must register through USA Swimming which is a \$50 fee. This insures them while they are at practice and at meets.

**How to Sign Up:** Sign up online! Follow the registration link for summer swimming on the front of our webpage and pay and sign up online! The USA Swimming Link will be on the front page as well. USA Swimming Registration can also be done during practice times the first week of the May or June option with help from a COLA Staff Member.

Please feel free to call (337)989-1800 or email ([colaswim@yahoo.com](mailto:colaswim@yahoo.com)) with any questions.

**We hope to see you at the pool this summer!**