



COLA Swimming Summer Swimming COLA- Geaux Fast!

COLA invites you to join us for a summer of 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 Practice Options(Month of May):

- Monday/Wednesday/Friday 6:00-7:00
- Monday/Wednesday 3:15-4:15
- Saturdays 10:00-11:00

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

- Tuesday/Thursday 9:30-10:30am
- Monday, Wednesday, Friday 6:00-7:00pm

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 Lessons for all ages for siblings as well!