2026 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 stroke 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 independently, but do not have to have any knowledge of the strokes- we will teach them!

During the months of June and July, COLA will host Summer Swim Team practices for athletes looking to "Dive In" to the sport of swimming! This program is a great opportunity for swimmers to:

- **Try out competitive swimming and racing.**
- **Continue swimming after the Middle School season.**
- **Prepare for the High School swim season (Aug - Nov).**
- **Stay active and have fun in a team environment.**
- **Swimming is a great sport that builds confidence, discipline, and lifelong friendships.**

COLA's Summer Swimming Begins ***Tuesday, May 26th***

Day of the Week	Practice Time	Location (Indoor or Outdoor Pool)
Monday	6 - 7p	Outdoor Pool- off of Pinhook
Tuesday	11-12	Outdoor Pool- off of Pinhook
	6 - 7p	Indoor Pool- Robicheaux Center
Wednesday	12:30 - 1:30p	Indoor Pool- Robicheaux Center
	6 - 7p	Indoor Pool- Robicheaux Center
Thursday	11-12	Outdoor Pool- off of Pinhook
	6 - 7p	Outdoor Pool- off of Pinhook

Note: 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. The meet schedule is below and meets are included in your fees. All meets are at the Robicheaux Center (Indoor Pool).

- June 13th David Diesi Meet- Saturday
  - 9am Warm-up/10 am start time
- June 23rd- Fun Meet at COLA
  - 5:30 Warm-ups/6pm Start Time
- July 7th- Fun Meet at COLA
  - 5:30 Warm-ups/6pm Start Time
- July 23rd- End of the Summer Meet and BBQ Party
  - 5:30 Warm-ups/6pm Start Time- BBQ to follow for swimmers and parents

Cost: $175 for the season/summer. These fees include:

- Dues for unlimited practices through June and July.
- Team t-shirt
- Team swim cap
- Fees for all swim meets

*COLA does offer a discount for multiple swimmers in a family.

Note: All participants must register through USA Swimming which is an additional $51 fee. This insures them while they are at practice and at meets.

How to Sign Up: Follow the registration link for summer swimming sign up online! The USA Swimming Link will be emailed after registration. USA Swimming Registration can also be done during practice times the first week of June with help from a COLA Staff Member.

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

We hope to see you at the pool this summer!