



Lake Monsters Swim Team

Who: anyone 5 years to 18 years old

When: 4pm- 6pm Monday- Friday (Times will differ within this time frame based on skill group)

Cost: Mission Valley Aquatics Membership + Swim team dues (Depends on skill group, \$50-\$85 a month)

All are welcome to join the Lake Monsters. The first practice will consist of a swimming evaluation so your child can be sorted into the correct skill level. All that is needed is an appropriate swimsuit, goggles and a towel.

FAQ:

Does my child have to swim year round?

No, they can swim when it works best with their schedule. Just contact the Team Administrator and they can put your membership on hold

What if my child isn't very skilled?

The Lake Monsters are a team for everyone! All skill levels are encouraged to join

What if we don't want to travel to alot of meets?

No problem! You can do as many or as few as you would like. We do encourage competing in at least one meet a season but we understand that is not always possible.

Who are the coaches?

The Lake Monsters have 3 amazing and experienced coaches. Head Coach Shayna and assistant coaches Megan and Will.

What if I cannot afford swim team?

There are scholarships available. Ask the Team Administrator for more information.