

Spring Lake



Summer Swim Team 2026

Description: Spring Lake is pleased to announce the return of our summer swim team program for children ages five to fourteen. Participants will train under the guidance and direction of experienced swim coaches in a safe, enjoyable environment. Training will consist of a combination of endurance exercises, speed work, and stroke drills. Additionally, participants will compete in swim meets against the other local summer swim team programs.

The purpose of this program is to train and improve in competitive stroke swimming, and to learn about good sportsmanship in a competitive environment. The program is for children who already know how to swim at minimum the basic freestyle/crawl stroke.

Pre-requisites: Swimmers must demonstrate basic competency in the pool to participate in the program. All new participants will be required to pass a swim test consisting of 50 yards of free style and/or backstroke. Swim testing will be conducted in the North End pool on June 20/21st. Returning swimmers are not required to retest.

Program Sessions: the program will run (weather permitting) on Mondays through Thursdays from the end of June through the first week of August and consists of both practice sessions and competitive swim meets with other local swim team programs. The meets are typically held on Tuesday and Thursday evening.

Our practices run from 5:00 to 7:15pm and are staggered by age groupings. The youngest (ages 5-6) will have a thirty-minute session from 5:00-5:30; the intermediates (ages 7-10) will have a forty-five-minute session from 5:30-6:15; and the oldest (ages 11-14) will have a sixty-minute session from 6:15-7:15. The location for practice sessions alternates between the North and South End Pools. A detailed schedule for all practices and meets will be provided once registration has closed and we are closer to the start of the program.

Registration Information: the registration fee for this program is \$225.00 for Spring Lake residents and \$250.00 for non-residents. Registration is now open on Community Pass and will close on June 1 or when the program reaches the roster limit. When you register, you will be automatically waitlisted and not be billed immediately. Rather, you are reserving a spot for a swim team tryout. Swim testing will be held on June 21/22 at the North End pool. Returning swimmers do not need to test. Upon completion of the swim test, you will be released from the waitlist and notified that you need to complete payment on Community Pass.

Please note: no refunds will be issued once the swim test has been passed and registration completed.

Team Race Swimsuits will be available for purchase but are not mandatory. Swimmers are required to wear a swim cap (for longer hair) and goggles.

Please contact Borough Hall at (732) 449-0800 if you have any questions