Join the Cudas Swim Team
Fall 2019 - March 2020

J Coaches welcome youth ages 5 - 17, regardless of ability. Swimmers need only be able to swim one length of the pool safely to be eligible.

Swim Meets: Swim team competition is based on children competing within their age group. Swim meets are held on Sundays during the season. Transportation to all home and away swim meets is the responsibility of the parents.

Practice: The CUDAS practice four days a week, however, swimmers are only required to practice twice per week to be meet eligibility. There are no practices or meets on Friday nights or Saturdays before sundown.

Call 413.739.4715 or stop by the Springfield JCC front desk to register. $400 J members; $650 general public (includes a competition swim suit)

Practice times for 11 and Overs:
Monday through Thursday: 4:30 - 5:30 pm

Practice times for 10 and Unders:
Monday 4:30 - 5:30 pm
Tuesday - Thursday 3:30 - 4:30