

SHARON RECREATION AND YOUTH

SWIM TEAM

The Sharon Swim Team has offered our youth the opportunity to develop their swimming skills while enjoying their summer afternoons at the Mudge Pond Town Beach for many years. We strongly encourage all youths ages eight to eighteen to participate in this program each summer. The swim team starts practice in late June with swim meets starting shortly after the fourth of July. There is a qualified instructor as our coach, typically holding practices Mondays and Wednesdays in the early afternoon with swim meets on Tuesdays and Thursdays.

We compete against Lakeville, Canaan, Cornwall and most recently Litchfield and Woodridge Lake as well. There are typically six swim meets culminating in the League Championships held at Lakeville in late July or early August. Participants of the Sharon Swim Team have gone on to swim competitively in various swim programs and have all taken with them memories of fun filled afternoons spent with their teammates at the town beach.

Parents are intimately involved in this program in that we are reliant on their help at the swim meets to keep score, time swimmers, arrange refreshments and more. In many ways this program has the best of what we strive to offer – family involvement, individual development, team participation all experienced at one of the town's most cherished assets – the Sharon Town Beach.