

Cougar Aquatic Team Spring Schedule 2010

The last day of practice for Beginning Strokes is Monday March 8th.
Bronze Team will end practice on Wednesday March 10th. Silver Team's last day of practice will be Wednesday March 17th.

Gold Team (and any Silver Team swimmer going to zones) Senior 2 and Senior1, the last day of practice will be Tuesday March 23rd.

Senior 1 Team will begin a modified practice schedule the week of April 12th

Senior 2, Gold Team and Silver Team will begin practice week of April 19th

Bronze Team and Beginning strokes will begin practice week of April 26th.

For any NEW swimmer age 12 and under interested in joining the Cougar Aquatic Team. You must meet with one of our coaches on Tuesday April 13th OR

Thursday April 15th at 5:30pm at the MKA pool. Be ready to swim.

For any NEW swimmer age 13 and over interested in joining the Cougar Aquatic Team.

You must contact Eric Harse at MercuryEH@aol.com to arrange for a try out.

Beginning Strokes for Little Folks (until the end of June)

Monday and Friday 5:30pm to 6:30pm

Saturday 12:30 to 1:30pm

Bronze Team (Until the end of June)

Wednesday and Friday 5:30pm to 6:30pm

Saturday 11:30am to 12:30pm

Sunday 12:30pm to 1:30pm

Silver Team

Monday and Wednesday 5:30pm to 6:45pm

Saturday 11:30am to 12:45pm

Sunday 12:30pm to 1:45pm

Gold Team

Tuesday and Thursday 5:30pm to 7:00pm

Friday 6:30pm to 8:00pm

Saturday 10:00am to 11:30am

Sunday 11:00am to 12:30pm

Senior 2 Team

Tuesday and Thursday 5:30pm to 7:00pm

Friday 6:30pm to 8:00pm

Saturday 10:00am to 11:30am

Sunday 11:00am to 12:30pm

Senior 1 Team

Monday and Wednesday 6:45pm to 8:45pm

Tuesday and Thursday 7:00pm to 9:00pm

Saturday 8:00am to 10:00am

Sunday 9am to 11:00am

Cougar Aquatic Team Spring / Summer Registration

Fees for the spring / summer season were sent to you via email by your coach.
If you have any questions about the cost email coachjudym@comcast.net

Please make checks payable to **In Depth Aquatics, LLC**. Send to 14 Howard Street
Verona, NJ 07044.

Please register with the team you were on during the short course season, unless a coach told you of any changes in practice groups.

Return Registration Form and Payment by Friday March 26th, 2010

Any new swimmer wishing to join our team, a registration packet will be given to you the day of your tryout and / or meeting with a Cougar coach.

Parent(s) Name _____

Address _____

Home Phone Number _____ Cell _____ Email _____

Please put your swimmers name and the group they swam in during the short course season, **unless a coach told you otherwise**. There is a 10% discount if you have more than one child swimming on the team.

Name _____ Training Group _____ Fee:

Name _____ Training Group _____ Fee:

Name _____ Training Group _____ Fee:

Name _____ Training Group _____ Fee:

Total:

Tentative Summer Schedule

Some time during the month of June we will be training in a long course pool. The Cougar Aquatic Team uses either Cedar Street pool in Caldwell or Verona Community Pool in Verona.

Senior 1 and Senior 2 Team

Cedar Street Pool in Caldwell

Monday - Friday 6:00AM to 8:00AM

MKA Pool

Saturday 9:00AM to 11:00AM

Gold Team

Verona Pool

Monday - Friday 6:30AM to 8:30AM

Silver Team

Verona Pool

Monday - Thursday 6:30AM to 8:00AM