



Cougar Aquatic Team is having a try out for any new swimmer wishing to be a part of our team!!!

CAT is a competitive year-round swim team providing opportunities for swimmers ages 4 through 18+ to learn proper stroke technique and compete on various levels throughout the year while experiencing a family-friendly and team-oriented atmosphere.

With the main focus in all age groups being on developing proper stroke technique, we have become one of the top teams in the state placing second at the New Jersey Junior Olympics this past season.

Try out Dates:

Tuesday September 2nd

Ages 10 and under 4:30pm to 5:30pm
Ages 11 through 14: 5:45pm to 6:45pm

Thursday September 4th

Ages 10 and under 4:30pm to 5:30pm
Ages 11 through 14: 5:45pm to 6:45pm

Saturday September 6th

Ages 10 and under 10:00am to 11:00am
Ages 11 through 14: 11:15am to 12:15am

****Please choose one date only!**

Arrive 15 minutes early to register. No late comers...

Any swimmer 15 or older who would like to join the team should call 973-857- 8089 or email coachjudym@comcast.net in order to schedule a meeting with a member of our coaching staff.

For further info go to our website:

www.cougaraquatic.com
