

## **Cougar Aquatic Team Spring / Summer Schedule Try Out Information**

**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 13<sup>th</sup> OR Thursday April 15<sup>th</sup> at 5:30pm at the MKA upper school pool located on Lloyd Rd. in Upper Montclair, NJ. Please 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](mailto:MercuryEH@aol.com) to arrange for a try out.**

**If you are a competitive swimmer please bring a list of updated times with you on the day of your tryouts.**

### Spring Schedule

**Senior 1 Team will begin a modified practice schedule the week of April 12<sup>th</sup>.  
Senior 2 Team, Gold Team and Silver Team will begin practice the week of April 19<sup>th</sup>.  
Bronze Team and Beginning Strokes will begin practice the week of April 26<sup>th</sup>.**

#### 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

## **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**

**All forms and information (fees, etc.) will be given out the day of the try out.**