



Cougar Aquatic Team TRY-OUTS 2025-2026 Swim Year

When: Pick one try-out date per swimmer (@ either location).

Montclair State Location – **NEW DATE ADDED!**

Tuesday, July 29 @ MSU (NEW DATE)

All Ages – 5:30pm – 6:30pm

Fairleigh Dickinson Location

Thursday, July 31 @ FDU

All ages - 5:30pm – 6:30pm

Wednesday, August 13 @ FDU

All Ages – 5:30pm – 6:30pm

Locations:

Montclair State University (MSU)

Panzer Pool

1 Normal Ave, Montclair, NJ

Fairleigh Dickinson University (FDU)

Ferguson Recreation Center

285 Madison Ave, Madison, NJ

Specific parking instructions will be provided on registration.

How: Registration required!

Visit our website for full details and to register: www.cougaraquatic.com

- Swimmers must be at least 5 years old and comfortable swimming across the pool unassisted.
- A basic knowledge of freestyle and backstroke is required for all swimmers.
- Swimmers aged 13 and over should be able to perform all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly.

Important Notes:

- All swimmers must be registered in advance to participate.
- Space is limited and available on a first-come, first-served basis.
- You will receive confirmation ahead of the try-out date.