

PRE-COMP SWIMMING

Pre-Comp is designed as a stepping stone from the Lesson Program to CHAT (Cottonwood Heights Aquatics Team). Candidates need to be able to swim 50 yards freestyle and backstroke, 25 yards breaststroke and 10 yards butterfly before trying out for Pre-Comp. The coaches will introduce the swimmers to the skills needed for competitive swimming, as well as help develop endurance and technique skills necessary for CHAT practices. You can attend a tryout to determine if your swimmer is ready for pre-comp. Tryouts DO NOT guarantee you a spot. You must be registered before you can swim. **Space is extremely limited.**

For more information contact Lynnette Smith at lsmith@cottonwoodheights.com



Pre-comp Spring 2022

Monday-Thursday from 4:00-4:45pm or 6-6:45pm in the indoor pool
 Due to High demand: If you miss registration no exceptions will be made.

Dates	Cost	Tryouts (Indoor pool)	Registration
Feb 28– Mar 31	Member: \$60 Nonmember:\$70	Friday Feb 18th @ 4PM Tryouts do not ensure a spot	Feb 16th Current PreComp Students (In person Only) 8am Feb 18th General Public (open online @5pm if available)
April 11-28th	Member: \$48 Nonmember:\$56	Friday March 25st @ 4PM Tryouts do not ensure a spot	March 23rd Current PreComp Students (In person Only)8am March 25th General Public (open online @5pm if available)
May 2-19th	Member: \$48 Nonmember:\$56	Friday April 22nd @ 4PM Tryouts do not ensure a spot	April 20th Current PreComp Students (In person Only) 8am April 22nd General Public (open online @5pm if available)

Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups.

All Sessions are subject to change please make sure we have a current phone number and email on file so that you are notified of any changes.

Cottonwood Heights Recreation Center
 7500 South 2700 East
 Cottonwood Heights, UT 84121
 801.943.3190 / www.cottonwoodheights.com

