

# PreComp Swimming

Summer 2022

10:30-11:15 am

Pre-Comp is designed as a stepping stone from the Lesson Program to CHAT (Cottonwood Heights Aquatics Team). Participants need to be able to swim 50 yards freestyle, 50 yards backstroke, 25 yards breaststroke and 15 yards butterfly before trying out for Pre-Comp. The coaches will introduce the swimmers to the skills needed for competitive swimming, and water polo, 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.**

Dates	Registration Deadline	Fees	Tryouts
June 6th-23rd (No Class 06/16)	May 18th Current PreComp Students May 20th General Public (opens online @5pm if available)	Member: \$48 Non-Member: \$56	Friday May 20th @ 4PM (indoor) Tryouts do not ensure a spot
June 27th-July 14th (No Class 07/04)	June 15th Current PreComp Students June 17th General Public (opens online @8am if available)	Member: \$48 Non-Member: \$56	Thursday June 16th @11:30(indoor) Tryouts do not ensure a spot
July 18th-Aug 4th	July 6th Current PreComp Students July 8th General Public (opens online @8am if available)	Member: \$48 Non-Member: \$56	Thursday July 7th @11:30(outdoor) Tryouts do not ensure a spot

Find complete program information and register online

@ [CottonwoodHeights.com](https://CottonwoodHeights.com)



Questions?  
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