

# 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. Within the Pre-Comp group there are 3 levels that participants work through preparing them to join our competitive CHAT team. You can attend a tryout on a Friday before the session begins, starting 4:00pm to determine if your swimmer is ready for pre-comp. Registration is open for all sessions—you must be registered before you can swim. **Space is limited so register early to guarantee your spot.** For more information contact Lynnette Smith at 943-3190 ext. 186 or Ashley Spence at [ashley@cottonwoodheights.com](mailto:ashley@cottonwoodheights.com) Online registration is available.



## Pre-comp Fall 2020

Sessions are approximately 3-4 weeks long and run Monday-Thursday from 4:00-4:45pm and 6-6:45pm (starting 10/26) in the indoor pool

Session	Dates	Cost	Tryouts
3	Sept 28th– Oct 22nd (no practice 10/15)	Members- \$40.00 Non-Members- \$46.00	Friday Sept 24th@ 4pm
4	Oct 26th-Nov 19th	Members- \$40.00 Non-Members- \$46.00	Friday Oct 23rd@ 4pm
5	Nov 30th– Dec 17th	Members- \$30.00 Non-Members- \$36.00	Friday Nov 20th@ 4pm

Cottonwood Heights Recreation Center  
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