

# 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 [ismith@cottonwoodheights.com](mailto:ismith@cottonwoodheights.com) or Ashley Spence at [ashley@cottonwoodheights.com](mailto:ashley@cottonwoodheights.com)



## Pre-comp Spring 2021

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.  
 No Online Registrations

Dates	Cost	Tryouts	Registration (In Person Only)
March 1st– April 1st	Member: \$50 Nonmember:\$58	Friday Feb 19th @ 4PM Tryouts do not ensure a spot	Feb 17th Students enrolled in Jan or Feb Feb 24th General Public (open online @12am if available)
April 12th-29th	Member: \$30 Nonmember:\$36	Friday March 26th @ 4PM Tryouts do not ensure a spot	Mar 24th Current Pre Comp Students Mar 31st General Public (open online @12am if available)
May 3-20th	Member: \$30 Nonmember:\$36	Friday April 23 @ 4PM Tryouts do not ensure a spot	April 22nd Current Pre Comp Students April 28th General Public (open online @12am if available)

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 that could arise due to the ever changing Covid-19 guidelines.

Cottonwood Heights Recreation Center  
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 801.943.3190 / [www.cottonwoodheights.com](http://www.cottonwoodheights.com)

