

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



## Pre-comp Summer 2021

Monday-Thursday from 10:30-11:15 am in the Outdoor pool (north end)  
 Due to High demand: If you miss registration no exceptions will be made.  
 No Online Registrations

Dates	Cost	Tryouts	Registration (In Person Only)
June 7th-24th	Member: \$30 Nonmember:\$36	Friday May 21st @ 4PM Tryouts do not ensure a spot	May 19th Current Pre Comp Students May 22nd General Public (open online @9am if available)
June 28-July15	Member: \$30 Nonmember:\$36	Friday June 18th Tryouts do not ensure a spot	June 23rd Current Pre Comp Students June 26th General Public (open online @9am if available)
July 19-Aug 5th	Member: \$30 Nonmember:\$36	Friday July 9th Tryouts do not ensure a spot	July 14th Current Pre Comp Students July 17th General Public (open online @9am 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**  
 7500 South 2700 East  
 Cottonwood Heights, UT 84121  
 801.943.3190 / [www.cottonwoodheights.com](http://www.cottonwoodheights.com)

