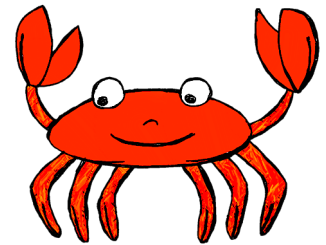
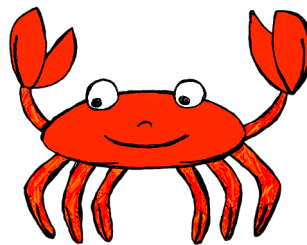
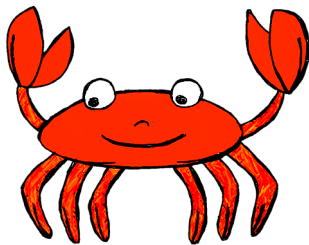


PRE-COMP SWIMMING

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. Online registration is available.



Pre-comp Winter 2019

Sessions are approximately 3-4 weeks long and run Monday-Thursday from 4:00pm-4:45pm in the indoor specialty pool

Session	Dates	Cost	Tryouts
1	January 7th– January 31st (No practice Jan. 21st)	Members- \$36.00 Non-Members- \$42.00	Friday, January 4th @4pm
2	February 4th– 28th (No practice Feb. 18th)	Members- \$36.00 Non-Members- \$42.00	Friday, February 1st @ 4pm
3	March 4th– March 28th	Members- \$36.00 Non-Members- \$42.00	Friday, March 1st @ 4pm
4	April 8th-April 25th	Members- \$27.00 Non-Members- \$32.00	Friday, March 29th @ 4pm
5	April 29th– May 16th	Members- \$27.00 Non-Members- \$32.00	Friday, April 26th @4pm

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

