

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 Ashley Spence at ashley@cottonwoodheights.com Online registration is available.



Pre-comp Fall 2020

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

Session	Dates	Cost	Tryouts
1	August 17– Sept 3rd 3:30 or 4:15	Members- \$30.00 Non-Members- \$36.00	Friday, August 7th @10:30 Outdoor
2	Sept 8th-23rd	Members- \$30.00 Non-Members- \$36.00	Friday, Sept 4th 27th @4pm
3	Sept 28th– Oct 14th (no practice 10/15)	Members- \$40.00 Non-Members- \$46.00	Friday Sept 24th@ 4pm

Cottonwood Heights Recreation Center
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