

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—all sign ups need to be done by the 1st day of class (space permitting). **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 Fall Session 2019

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

Session	Dates	Cost	Tryouts
1	September 9th–October 3rd	Members \$36.00 Non-Members \$42.00	Friday August 23th @ 4PM Outdoor
2	October 7th–October 31st	Members \$36.00 Non-Members \$42.00	Friday October 4th @ 4PM Indoor
3	November 4th– November 21st	Members \$31.00 Non-Members \$36.00	Friday November 1st @ 4PM Indoor
4	December 3rd–19th	Members \$31.00 Non-Members \$36.00	Friday November 22nd @ 4PM Indoor

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COTTONWOOD HEIGHTS
PARKS & RECREATION

The logo features three stylized human figures in various jumping or running poses, connected by dashed lines, positioned above the text.