

PRECOMP SWIM TEAM

Winter 2025

Dates	Registration Opens @7pm	Fees	Tryouts
January 6th—January 30th (4 weeks) <i>*NO practice 1/20*</i>	Thursday, December 19th, 2024	Member: \$ 60 Non-Member: \$ 68	Thursday, December 19th @6pm INDOOR RACE
February 3rd—February 27th (4 weeks) <i>*NO practice 2/17*</i>	Thursday, January 30th	Member: \$ 60 Non-Member: \$ 68	Thursday, January 30th @6pm INDOOR RACE
March 3rd—March 27th (4 weeks)	Thursday, February 27th	Member: \$ 60 Non-Member: \$ 68	Thursday, February 27th @6pm INDOOR RACE

Practices are held Monday-Thursday from 5:00-5:45pm in the Indoor Dive Tank

The Cottonwood Heights PreComp Swim Team is designed for those swimmers who have completed swim lessons and are ready for more of a challenge! In this group, swimmers will be placed in assigned groups each day based off of swim technique, skills, and age. Our coaches will work individually as well as in a group with swimmers to perfect their techniques and prepare them for the CHAT swim team (further participation not required).

TRYOUTS ARE REQUIRED TO PARTICIPATE

Starting swimmers in the PreComp swim team program are required to complete a tryout before being accepted onto the team. The tryout consists of a 50 yard freestyle, 50 yard backstroke, 25 yard breaststroke, and 15 yard butterfly. All of these skills are taught in our swim lesson program in order to prepare swimmers for tryouts.

Questions?
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Program Information & Registration can
be found Online
[@chparksandrecUT.gov](https://www.chparksandrecUT.gov)
Cottonwood Heights
Parks & Recreation