

# PRECOMP SWIM TEAM

## Spring 2025

Dates	Registration Opens @7pm	Fees	Tryouts
March 31st—April 24th (3 weeks) <u>*NO practice 4/7-4/10*</u>	Thursday, March 27th	<b>Member:</b> \$ 45 <b>Non-Member:</b> \$ 51	<b>Thursday,</b> <b>March 27th</b> <b>@6pm</b> <b>INDOOR RACE</b>
April 28th—May 15th (3 weeks)	Thursday, April 24th	<b>Member:</b> \$ 45 <b>Non-Member:</b> \$ 51	<b>Thursday,</b> <b>April 24th</b> <b>@6pm</b> <b>INDOOR RACE</b>

**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.

**Interested in joining the CHAT swim team?**

**Contact the CHAT Team Administrator to learn more: [Julie@chparksandrecUT.gov](mailto:Julie@chparksandrecUT.gov)**

**Questions?**  
**Madie Durrant**  
**Aquatics Program Coordinator**  
**385-533-9519**  
**[madie@chparksandrecUT.gov](mailto:madie@chparksandrecUT.gov)**

**Program Information & Registration can  
 be found Online**  
**[@chparksandrecUT.gov](http://@chparksandrecUT.gov)**  
**Cottonwood Heights**  
**Parks & Recreation**