

Surfer's Swim Team

The WDAC's Surfer's Swim Team is for swimmers, ages 3 and up. This team will provide swimmers with the opportunity to develop swimming skills, sportsmanship, improve physical fitness, and have fun in a low competitive environment. Different skill levels are available each day of the week to accommodate every child's needs and experience.

Winter Session 1: November 28 to December 17, 2016

Get a taste of the Surfers Swim Team with this three week session. No annual registration fee will be charged. It's a great time to try out the Surfers Swim Team!

Cost of Each Practice Slot: \$18 (City Rate Price \$16)

No Swim Meets will be held for this session

Listed below is the schedule for practices. Registration is required for each practice time. Classes may be cancelled due to lack of registration. Please check current availability at www.activityreg.com

Mondays			
4:30-5:10pm	Turtle	Scuttle	Junior
5:15-5:55pm	Turtle	Scuttle	Junior
6:00-7:00pm	Reef		
7:00-8:00pm	Tidal		

Tuesdays			
9:45-10:25am	Junior		
10:30-11:10am	Scuttle	Turtle	
4:00-5:00pm	Reef	Tidal	
4:15-4:55	Turtle	Scuttle	Junior
5:00-6:00pm	Colossal	Big Kahuna	
5:00-5:40pm	Turtle	Scuttle	Junior
8:00-9:00pm	Colossal	Big Kahuna	

Make Up Practices

Missed practices can only be made up during these practice times, public swim times, or lap swim times. Public Swim and lap swim times will not have coaches available and all general rules will apply.

Make-Up Practices Times

Friday					
	4:15-5:55pm	Turtle	Scuttle	Junior	
	7:00-8:00pm	Reef	Tidal	Colossal	Big Kahuna
Saturday					
	4:00-4:40pm	Turtle	Scuttle	Junior	
	4:00-5:00pm	Reef	Tidal	Colossal	Big Kahuna

Wednesdays					
2:30-3:30	Reef	Tidal	Colossal	Big Kahuna	
2:50-3:30	Turtle	Scuttle	Junior		
4:30-5:10pm	Turtle	Scuttle	Junior		
5:15-5:55pm	Turtle	Scuttle	Junior		
5:00-6:00pm	Dive & Turn Clinic	Colossal	Big Kahuna		
6:00-7:00pm	Reef				
7:00-8:00pm	Tidal				

Thursdays					
9:45-10:25am	Junior				
10:30-11:10am	Scuttle	Turtle			
4:00-5:00pm	Reef	Tidal			
4:15-4:55	Turtle	Scuttle	Junior		
5:00-6:00pm	Colossal	Big Kahuna			
5:00-5:40pm	Turtle	Scuttle	Junior		
8:00-9:00pm	Colossal	Big Kahuna			

Fridays					
1:30-2:30pm	Reef	Tidal	Colossal	Big Kahuna	
1:50-2:30pm	Scuttle	Turtle	Junior		
6:00-7:00pm	Reef	Tidal	Colossal	Big Kahuna	

Saturdays					
5:00-6:00pm	Reef	Tidal	Colossal	Big Kahuna	
5:00-5:40	Scuttle	Turtle	Junior		

Winter Session 2 January 2 to February 11, 2017

Cost of Each Practice Slot: \$36 (City Rate Price \$32)
Annual Registration Fee \$35

Swim Meets for this session will be held

Sat, February 11th 6:00-7:00pm (Turtle, Scuttle, and Junior Surfers)

Sat, February 11th 7:00pm—done (Junior, Reef, Tidal, Colossal & Big Kahuna)

Listed below is the schedule for practices. Registration is required for each practice time. Classes may be cancelled due to lack of registration. Please check current availability at www.activityreg.com

Mondays			
4:30-5:10pm	Turtle	Scuttle	Junior
5:15-5:55pm	Turtle	Scuttle	Junior

Tuesdays			
9:45-10:25am	Junior		
10:30-11:10am	Scuttle	Turtle	
4:00-5:00pm	Reef		
4:15-4:55	Junior		
5:00-6:00pm	Tidal		
5:00-5:40pm	Junior		

Make Up Practices

Missed practices can only be made up during these practice times, public swim times, or lap swim times. Public Swim and lap swim times will not have coaches available and all general rules will apply.

Make-Up Practices Times

Friday					
	5:15-5:55pm	Turtle	Scuttle	Junior	
	7:00-8:00pm	Reef	Tidal	Colossal	Big Kahuna
Saturday					
	5:00-5:40pm	Turtle	Scuttle	Junior	
	5:00-6:00pm	Reef	Tidal	Colossal	Big Kahuna

Wednesdays				
2:30-3:30	Reef	Tidal	Colossal	Big Kahuna
2:50-3:30	Turtle	Scuttle	Junior	
5:00-6:00pm	Dive & Turn Clinic*	Colossal	Big Kahuna	

Thursdays			
9:45-10:25am	Junior		
10:30-11:10am	Scuttle	Turtle	
4:00-5:00pm	Reef		
4:15-4:55	Junior		
5:00-6:00pm	Tidal		
5:00-5:40pm	Junior		

Fridays				
1:30-2:30pm	Reef	Tidal	Colossal	Big Kahuna
1:50-2:30pm	Scuttle	Turtle	Junior	
6:00-7:00pm	Reef	Tidal	Colossal	Big Kahuna

Saturdays				
4:00-5:00pm	Reef	Tidal	Colossal	Big Kahuna
4:00-4:40	Scuttle	Turtle	Junior	

Dive & Turn Clinic	
Three week clinic focused on diving and turns for every stroke. No annual registration is required for this clinic.	
For those in Reef—Big Kahuna	
Wednesdays 5:00-6:00pm	
Session 1: January 5 th —19 th	
Session 2: January 26 th —Feb 9 th	



Level Descriptions

Turtle Surfers (40-minute Sessions)

Coached entirely in the shallow end, Turtle Surfers will help young swimmers develop propulsion skills on both their back and their front.

Prerequisites: Pass Preschool Level 2 Lessons OR:

Comfortable in the water
Performs floats on front and back
Able to put face in the water
Jumps into the shallow end without hesitation

Scuttle Surfers (40-minute Sessions)

Scuttle Surfers are coached half the time in the shallow end and half of the time in the deep end. Scuttle Surfers will continue to develop stroke technique on both their front and back, and will set goals to swim across both the shallow and deep end without assistance.

Prerequisites:

Moves forward with paddle motion on front
Streamline glides for 3 body lengths on front and back
Blows bubbles when submerged
Performs streamline for 3 body lengths with kicking

Junior Surfers (40-minute Sessions)

Junior Surfers will be coached the majority of the time in the deep end, as well as work in the lanes. Junior Surfers will refine techniques on both their front and back, and work on gaining the endurance to swim 25 yards in the lanes without assistance. Junior Surfers may compete in either swim meet.

Prerequisites: Pass Preschool Level 3 Lessons OR:

Is comfortable in deep water
Swims across the shallow end without assistance
Treads water for 30 seconds
Performs underwater streamlines

Reef Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Reef Surfers continue to build endurance and learn valuable competitive swimming techniques on both their fronts and backs. Reef Surfers will begin diving.

Prerequisites: Pass LTS Level 3 Lessons OR:

Be comfortable in deep water
Swims 25 yards without stopping or assistance

Tidal Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Tidal Surfers begin to learn swim etiquette, pace clock management, breaststroke technique, flip turns, and continue to build endurance.

Prerequisites:

Performs rotary breathing
25 yard Backstroke, 50 yard Freestyle
Performs streamline into Freestyle

Colossal Surfers (1-hour Sessions)

Colossal Surfers will be mainly coached in the lanes with slight deep end work when available. Colossal Surfers will learn DQ infractions, perfect flip turns, dive off the blocks, learn how to do sets, learn the proper turns for breaststroke and butterfly, and learn to do IMs. Strokes will be refined.

Prerequisites:

Performs basic breaststroke kick
100 yard Freestyle
50 yard Backstroke
Basic Flip Turns

Big Kahuna Surfers (1-hour Sessions)

Big Kahuna Surfers will be coached entirely in the lanes. These Surfers know all their strokes, turns, and terminology, and so will work on perfecting their strokes, increasing their endurance, and becoming the best they can be.

Prerequisites:

200 yard Freestyle, 100 yard Backstroke
50 yard Breaststroke, 25 yard Butterfly
Performs both flip turns and open turns



Surfer's Swim Team at the Wes Deist Aquatic Center

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