

# Surfers Swim Team

Wes Deist Aquatic Center

(208) 612-8519 • 149 7th Street, Idaho Falls  
www.idahofallsidaho.gov/AquaticCenter

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

## Spring Session 2 April 12 – May 22, 2021

At this time, the observation area is limited.

Only one parent is allowed in the building per family.

Cost of Each Practice Slot: \$54 (City Rate Price \$43.50)

### Annual Registration Fee \$45

Swim Meet Saturday, May 22<sup>nd</sup> Time 9am-12pm (All Levels)

### Dive & Turn Clinics

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 or Fridays 5:00-6:00pm

Session 1: April 14-30 Session 2: May 5– 21



### Practice Schedule

Listed below is the schedule for practices. Registration is required for each practice time.

Classes may be cancelled due to lack of registration or current health requirements.

Please check current availability at [www.idahofallsidaho.gov/registration](http://www.idahofallsidaho.gov/registration)

Swimmers may make up missed practices by attending a public or lap swim time and checking in at the front desk. Coaches will not be available during these times. There are no scheduled make-up days for this session.

MONDAYS				WEDNESDAYS			
4:30-5:10pm	Turtle	Scuttle	Junior	4:00-5:00pm	Reef	Tidal	
5:15-5:55pm	Turtle	Scuttle	Junior	4:30-5:10pm	Junior		
4:00-5:00pm	Reef	Tidal		5:00-6:00pm	Dive /Turn Clinic		
5:00-6:00pm	Colossal	Big Kahuna		5:15-5:55pm	Turtle	Scuttle	
TUESDAYS				THURSDAYS			
4:00-5:00pm	Tidal			4:00-5:00pm	Tidal		
4:15-4:55pm	Junior			4:15-4:55pm	Junior		
5:00-6:00pm	Reef			5:00-6:00pm	Colossal	Big Kahuna	
5:00-5:40pm	Junior			5:00-5:40pm	Junior		
				FRIDAYS			
				5:00-6:00pm	Reef	Tidal	Dive/Turn Clinic
				4:20-5:00pm	Turtle	Scuttle	Junior



Register Online: [www.idahofallsidaho.gov/registration](http://www.idahofallsidaho.gov/registration)  
In Person @ at the Aquatic Center 149 7<sup>th</sup> Street—Idaho Falls  
Registrations cannot be processed over the phone.

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# 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  
Streamline for 3 body lengths w/ kicking

## Junior Surfers (40-minute Sessions)

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 w/out 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 help

## 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



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Performs streamline into Freestyle

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