

# 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 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.

## Winter Session 1 (Six week session) Jan 7 – Feb 18

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

Discounted rates for multiple practice days.

(5-15% off, depending on number of practice days)



### Annual Registration Fee \$45

Annual Registration fee is required for each participation. Includes t-shirt, silicone swim cap, administration fees, swim meet fees, and swim meet awards for the year. If registering online, place this membership in the cart before signing up for any classes.

#### MONDAYS

4:00-5:00 pm Reef Tidal  
5:15-5:55 pm Turtle Scuttle Junior

#### WEDNESDAYS

4:15-5:15 pm Reef Tidal  
5:00-6:00 pm Dive Clinic—3 week clinic  
5:20-6:00 pm Turtle Scuttle Junior

#### THURSDAYS

4:00-5:00 pm Tidal  
4:15-4:55 pm Junior  
5:00-6:00 pm Colossal Big Kahuna  
5:00-5:40 pm Junior

#### TUESDAYS

4:00-5:00 pm Tidal  
4:15-4:55 pm Junior  
5:00-5:40 pm Junior  
5:00-6:00 pm Reef  
6:00-6:40 pm Turtle Scuttle Junior  
6:00-7:00 pm Reef Tidal

#### SATURDAYS

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

Registration is required for each practice time.

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

### Make Up Practices

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

**Junior Level** Fridays 4:30-5:10pm **Scuttle/Turtle Levels** Fridays 5:15-5:55pm  
**Reef-Big Kahuna Levels** Fridays 6:00-7:00pm *no makeups on February 10th, 2023*

### Dive Clinics (Reef—Big Kahuna)

Three week dive clinics, participants will learn how to dive in progressions, from the side to the diving block. **Cost \$27/clinic** *no annual membership required*

**Session 1** Jan 11—25 Weds 5:00-6:00pm

**Session 2** Feb 1—15 Weds 5:00-6:00pm



Register Online: [www.idahofallsidaho.gov/registration](http://www.idahofallsidaho.gov/registration)  
In Person @ at the Aquatic Center 149 7th Street—Idaho Falls

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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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- Treads water for 30 seconds
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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

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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

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- 50 yard Breaststroke, 25 yard Butterfly
- Performs both flip turns and open turns