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 child’s needs and experience.

**Spring Session 2**
**April 8 – May 18**

*Cost of Each Practice Slot: $39 (City Rate Price $35)*

**Annual Registration Fee $40**

Swim Meets for this session will be held:
Sat, May 17th 4:30-6:00pm  (Turtle, Scuttle, and Junior Surfers)
Sat, May 18th 9:00am-done  (Junior, Reef, Tidal, Colossal & Big Kahuna)

Awards Party & Family fun swim to follow swim meet

**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.

**Public Swim Times**
Public Swim Times - all swimmers 5 & under MUST have an adult (18 years or older) in the water with them at all times. Coaches are not available during these times.

- **Monday - Friday:**
  - 11:30 am - 1:30 pm
- **Monday - Saturday:**
  - 6:00-8:00 pm
- **Saturday & Sunday:**
  - 1:00-4:00 pm

**Lap Swim Times**
Adults must be in the building during these times. Coaches are not available during these times.

- **Monday - Friday:**
  - 5:30am - 3:30pm
  - 8:00-9:00pm
- **Saturday:**
  - 6:00-8:00am
  - 1:00-8:00pm
- **Sunday:**
  - 1:00-4:00pm

**Dive & Turn Clinic**
Three week clinic focused on diving and turns for every stroke. No annual registration is required for this clinic. There are no make-up practices for these clinics.

**For those in Reef—Big Kahuna**

**Wednesdays**
- 9:45-11:10 am  Reef  Tidal  Colossal  Big Kahuna
- 10:00-12:15 pm  Big Kahuna  Colossal  Tidal  Reef

**Mondays**
- 4:00-5:00 pm  Reef  Tidal  Colossal  Big Kahuna
- 4:15-5:30 pm  Junior  Tidal  Colossal  Big Kahuna
- 6:00-7:00 pm  Reef  Tidal  Colossal  Big Kahuna
- 5:00-6:00 pm  Big Kahuna  Colossal  Tidal  Reef
- 5:15-5:55 pm  Scuttle  Tidal  Colossal  Big Kahuna

**Tuesdays**
- 4:00-5:00 pm  Reef  Tidal  Colossal  Big Kahuna
- 4:15-5:30 pm  Junior  Tidal  Colossal  Big Kahuna
- 5:00-6:00 pm  Tidal  Water Polo Clinic
- 5:15-5:55 pm  Reef  Tidal  Colossal  Big Kahuna

**Water Polo Clinic & Drop-in Times**

**New this year!!**
For those in Reef to Big Kahuna and/or comfortable in the deep end.

**Water Polo Clinic**
Learn how to play the unique sport of Water Polo. This 3 week clinic will go through the many aspects of water polo. No SST required for this Clinic.
No make-up practices for these clinics

- **Tuesdays:**
  - 5:00-6:00pm

**Session 1:** April 10 - 24
**Session 2:** May 1 - 15
**Cost:** $19.50/session

**Water Polo Drop-in Times**
Show off or practice your water polo skills! Every Thursday, Water Polo games will be played with attendees.

**Cost:** $2 for SST & High School Spring League Members
**$4**
Regular Admission

Register Today
- **On-Line at:** www.idahofallsidaho.gov/registration
- **Phone (208) 612-8519** (with a valid credit card)
- **In Person @:**
  - at the Aquatic Center: 149 7th Street—Idaho Falls
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