Surfers Swim Team

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.

Summer Session 1: June 3 – July 13, 2019
Summer Session 2: July 15 – Aug 24, 2019

No practice on Thursday, July 4, 2019

Cost of Each Practice Slot: $39 (City Rate Price $35)
Annual Registration Fee $40

Registration begins April 29, 2019

Swim Meet for these sessions will be held:
Session 1:
Friday, July 12th 4:30-6:00pm (Turtle, Scuttle, and Junior Surfers)
Saturday, July 13th 9:00am-done (Junior, Reef, Tidal, Colossal & Big Kahuna)
Awards Party & Family fun swim to follow swim meet

Meet 2:
Friday, August 23rd 4:30-6:00pm (Turtle, Scuttle, and Junior Surfers)
Saturday, August 24th 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.
No Make up practices on July 13th or August 24, 2019.

Make-Up Practices Times
<table>
<thead>
<tr>
<th>Week</th>
<th>Time</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>5:15-5:55pm</td>
<td>Turtle</td>
<td>Scuttle</td>
<td>Junior</td>
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<td></td>
<td>6:00-7:00pm</td>
<td>Reef</td>
<td>Tidal</td>
<td>Colossal</td>
<td>Big Kahuna</td>
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<tr>
<td>Saturday</td>
<td>5:00-5:45am</td>
<td>Turtle</td>
<td>Scuttle</td>
<td>Junior</td>
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<td></td>
<td>5:00-6:00pm</td>
<td>Reef</td>
<td>Tidal</td>
<td>Colossal</td>
<td>Big Kahuna</td>
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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 1:00 - 3:30pm
Monday - Saturday 6:00-8:00pm
Saturday & Sunday 1:00-4:00pm

Lap Swim Times
For Levels Reef—Big Kahuna.
Coaches not available during these times
Monday - Friday 5:30 –1:00pm
8:00-9:00pm
Saturday 6:00-8:00am
1:00-8:00pm
Sunday 1:00-4:00pm

Practice Times
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.idahofallsidaho.gov/registration

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>12:00-12:40pm</td>
<td>Turtle</td>
<td>Scuttle</td>
<td>Junior</td>
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<tr>
<td></td>
<td>12:00-1:00pm</td>
<td>Reef</td>
<td>Tidal</td>
<td>Colossal</td>
<td>Big Kahuna</td>
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<tr>
<td>Tuesdays</td>
<td>12:00-12:40pm</td>
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<td>Scuttle</td>
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<td>Colossal</td>
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<td></td>
<td>5:00-6:00pm</td>
<td>Water Polo Drop In Time</td>
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<tr>
<td>Wednesdays</td>
<td>12:00-12:40pm</td>
<td>Turtle</td>
<td>Scuttle</td>
<td>Junior</td>
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<td></td>
<td>12:00-1:00pm</td>
<td>Reef</td>
<td>Tidal</td>
<td>Colossal</td>
<td>Big Kahuna</td>
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<td></td>
<td>4:30-5:15pm</td>
<td>Junior</td>
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<td></td>
<td>5:00-6:00pm</td>
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<td>Tidal</td>
<td>Colossal</td>
<td>Big Kahuna</td>
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<td></td>
<td>5:00-6:00pm</td>
<td>Dive &amp; Turn Clinic</td>
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<td></td>
<td>5:15-5:55pm</td>
<td>Turtle</td>
<td>Scuttle</td>
<td>Junior</td>
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Stroke Development Clinic
Each week during this camp, a different stroke will be broken down and analyzed. Sign up for one stroke or the entire month session.
No Surfer Swim Team Membership Required!

Thursdays 6-7:30pm
Session 1 June 6 – 27
Session 2 July 11 – Aug 1

Cost: $9/week or $30 for entire session

Stroke Schedule:
Week 1—Freestyle
Week 2—Backstroke
Week 3—Breaststroke
Week 4—Butterfly/IM

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: June 4–18
Session 2: June 25–July 9
Session 3: July 16-30
Session 4: Aug 6-20
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 Members
$4 Regular Admission

To Register
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