

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 swimmers' needs and experience.

Summer Session 1: June 6 - July 16, 2022*

Summer Session 2: July 18 - Aug 27, 2022

*Tentative start dates, may be adjusted due to construction

No practice Monday, July 5th

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

Annual Registration Fee: \$45

Swim Meets for these sessions will be held:

Session 1: Saturday, July 16th 9am-12pm

Session 2: Saturday, August 27th 9am-12pm



Practice Schedule

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

Classes may be cancelled due lack of registration.

Check current availability at www.idahofallsidaho.gov/registration

Swimmers may make up missed practices by attending a schedule make up practice, public or lap swim time and checking in at the front desk. Coaches will be present at all scheduled make up times. Coaches will not be available during public swim or lap times.

Mondays			
11-11:40am	Turtle	Scuttle	Junior
11am-12:00pm	Reef	Tidal	Colossal Big Kahuna
5:00-6:00pm	Reef	Tidal	
5:15-5:55pm	Turtle	Scuttle	Junior

Tuesday			
11-11:40am	Turtle	Scuttle	Junior
11am-12:00pm	Reef	Tidal	Colossal Big Kahuna

Wednesdays			
11-11:40am	Turtle	Scuttle	Junior
11am-12:00pm	Reef	Tidal	Colossal Big Kahuna
5:00-6:00pm	Reef	Tidal	Colossal Big Kahuna
5:00-6:00pm	Dive & Turn Clinic		
5:00-5:40pm	Turtle	Scuttle	Junior

Thursday			
11-11:40am	Turtle	Scuttle	Junior
11am-12:00pm	Reef	Tidal	Colossal Big Kahuna

Make-Up Practices			
WEDNESDAYS			
1:00-2:00pm	Reef	Tidal	Colossal Big Kahuna
4:15-5:00pm	Turtle	Scuttle	Junior
FRIDAYS			
12-12:40am	Turtle	Scuttle	Junior
12-1:00pm	Reef	Tidal	Colossal Big Kahuna

Summer league

Make up for lost time! Get your swimmer back in the water with this competitive summer league program. Program includes 3 workouts/week plus 4 swim meets. Swimmers will practice together, but compete for the High school they will or currently attend.

No Surfer Swim Team Membership Required! All swimmers must be able to swim 50 yards freestyle and backstroke.

June 6—July 29

5th-8th Grades

For swimmers going into 5th grade—those going into 9th grade. Sign up for 3 of the practices below. Make-up practices will be allowed during other practice times.

Mondays	2:30-3:30pm
Mondays	6:00-7:00pm
Tuesdays	1:00-2:00pm
Tuesdays	6:00-7:00pm
Wednesdays	6:00-7:00pm
Thursdays	2:30-3:30pm
Thursdays	6:00-7:00pm

Swim Meets for this level will be held:

Saturday, July 9	4:00-7:00pm
Saturday, July 16	6:00-9:00pm
Saturday, July 23	10:00am-1:00pm
Friday, July 29	4:00-7:00pm

9th-12th Grades

For swimmers going into 9th grade—those that just graduated. Sign up for 3 of the practices below. Make-up practices will be allowed during other practice times

Mondays	7:00-8:30pm
Tuesdays	6:00-7:30am
Tuesdays	7:00-8:30pm
Wednesdays	7:00-8:30pm
Thursdays	1:00-2:30pm
Thursdays	7:00-8:30pm
Fridays	6:00-7:30am

Swim Meets for this level will be held:

Saturday, July 9	7:00-10:00pm
Friday, July 15	9:00am-12:00pm
Saturday, July 23	7:00-10:00am
Friday, July 29	7:00-10:00pm

Jr Lifeguard Class

This class provides youth in the community with the opportunity to explore the world of aquatics. This program will assist with career development to those who are interested in seeking employment as a lifeguard. For ages 12-14

Participants will be physically active and improve swimming skills, gain knowledge of first-aid, CPR, pool safety, and rescue techniques. Those in the class will work closely with trained lifeguards and have the opportunity to learn more about the lifeguard program.

Swimmers must be able to swim 50 yards Freestyle & Backstroke and tread water. No Surfer Swim Team Membership Required!

Session 1: June 15 –29

Session 2: July 22—Aug 5

Wednesdays 2-6pm & Fridays 8am-12pm

Cost: \$125 includes training, 1-month membership and \$50 discount on a future Lifeguard Course

Kids Tri Harder Triathlon



A Triathlon for kids ages 13 and under.

This triathlon will test kids skills on three levels - swimming, biking, and running. Choose from four different levels or run it virtually - even beginners can participate in this event!! Attend in person or do it with the entire family—virtually!

Saturday, August 13 - 8am -1pm



Register Online: www.idahofallsidaho.gov/registration
In Person @ at the Aquatic Center 149 7th Street—Idaho Falls
Registrations cannot be processed over the phone

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



Surfers Swim Team at the Wes Deist Aquatic Center

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