

# 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 5 - July 15, 2023

No practice Monday, July 5th

## Summer Session 2: July 17 - Aug 26, 2023

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 15th

Session 2: Saturday, August 26th

## 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](http://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

12:00 -12:40pm	Turtle	Scuttle	Junior
12:00-1:00pm	Reef	Tidal	Colossal Big Kahuna
5:00-6:00pm	Reef	Tidal	
5:15-5:55pm	Turtle	Scuttle	Junior

### Tuesday

12:00 -12:40pm	Turtle	Scuttle	Junior
12:00-1:00pm	Reef	Tidal	Colossal Big Kahuna

### Wednesdays

12:00 -12:40pm	Turtle	Scuttle	Junior
12:00-1:00pm	Reef	Tidal	Colossal Big Kahuna
5:00-5:40pm	Turtle	Scuttle	Junior
5:00-6:00pm	Reef	Tidal	Colossal Big Kahuna
5:00-6:00pm	Dive & Turn Clinic		

### Thursday

12:00 -12:40pm	Turtle	Scuttle	Junior
12:00-1:00pm	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 (no makeups July 21 or Aug 4)

12-12:40am	Turtle	Scuttle	Junior
12-1:00pm	Reef	Tidal	Colossal Big Kahuna

# Summer league

Time to plunge into the swim season 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 5 – July 29 No practices July 4, 2023

Cost: \$175 (city rate price \$145)

## 5th-8th Grades

For swimmers going into 5<sup>th</sup> grade—those going into 9<sup>th</sup> grade. Sign up for 3 of the practices below. Make-up practices **will not** 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 8	4:00-7:00pm
Saturday, July 15	4:00-7:00pm
Friday, July 21	9:00am-12:00pm
Saturday, July 29	4:00-7:00pm

## 9th-12th Grades

For swimmers going into 9<sup>th</sup> grade—those that just graduated. Sign up for 3 of the practices below. Make-up practices **will not** 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 8	7:00-10:00pm
Saturday, July 15	7:00-10:00pm
Friday, July 21	6:00-9:00pm
Saturday, July 29	7:00-10:00pm



Make-up Practices: Tuesday and Friday Nights  
5th-8th Grades: 6:00-7:00 pm  
9th-12th Grades: 7:00-8:30 pm

## PRIVATE SWIM LESSONS

## For swimmers of all ages

Looking for one-on-one swim instruction? Private lessons are tailored to the specific needs of students. For swimmers who either need or would like individual attention, improve as a swimmer or meet their swimming goals. Classes are 30 minutes and can be scheduled at various times throughout the day. For more information, speak to the front desk staff.  
Private Lessons \$24.50/half hour Semi-Private \$31.50/half hour

## Kids "Tri" Harder Triathlon

August 12th, 2023  
6:30 AM - 2:00 PM

- FOUR DISTANCES TO CHOOSE FROM,
- A RACE FOR EVERY AGE AND ABILITY,
- VIRTUAL OPTION AVAILABLE,
- MEDALS, SWAG AND T-SHIRT FOR ALL PARTICIPANTS!

Register Now: [bit.ly/IFKIDSTRI](http://bit.ly/IFKIDSTRI)  
\$25.00 Registration Fee



Register Online: [www.idahofallsidaho.gov/registration](http://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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