



WEST Swim School Youth Group Lessons Fall 2026



Weekday Fall 1 <u>Class Times:</u> 10:00am-1pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 8/31-9/23 <i>Cost: \$162 (7 classes)</i> No Class: 9/7 Tues / Thurs: 9/1-9/24 <i>Cost: \$185 (8 classes)</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers ALL Classes: Saturday 8/8	Weekday Fall 2 <u>Class Times:</u> 10:00am-1pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 9/28-10/21 <i>Cost: \$185 (8 classes)</i> Tues / Thurs: 9/29-10/22 <i>Cost: \$185 (8 classes)</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers ALL Classes: Saturday 9/19	Weekday Fall 3 <u>Class Times:</u> 10:00am-1pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 10/26-11/18 <i>Cost: \$185 (8 classes)</i> Tues / Thurs: 10/27-11/19 <i>Cost: \$185 (8 classes)</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers ALL Classes: Saturday 10/17	Weekday Fall 4 <u>Class Times:</u> 10:00am-1pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 11/23-12/16 <i>Cost: \$185 (8 classes)</i> Tues / Thurs: 11/24-12/17 <i>Cost: \$162 (7 classes)</i> No Class: 11/26 <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers ALL Classes: Saturday 11/14
Weekend Fall 1 <u>Class Times:</u> 10:00am-2:00pm <u>Class Dates:</u> Saturday 9/5-10/24 <i>Cost: \$185 (8 classes)</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Saturday 8/8	Weekend Fall 2 <u>Class Times:</u> 10:00am-2:00pm <u>Class Dates:</u> Saturday 10/31-12/19 <i>Cost: \$185 (8 classes)</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Saturday 10/17	Winter Lesson Stroke Clinics <i>(Mackerels, Trout, Salmon, Orcas ONLY)</i> <u>Class Time:</u> 4:00pm-7:00pm <i>(55-minute classes)</i> <u>Clinic Dates:</u> Monday 12/28 Tuesday 12/29 Wednesday 12/30 <u>Clinic Skill Offerings:</u> 1.)CAR→Breast Kick + Dives 2.)Breast Kick→Breast Swim + Dives 3.)Strline/Sd Brth→Sd K/Sd Brth→Freestyle + Dives	<u>Policies & Information:</u> ALL Classes are 25 minutes long and start on the hour and half-hour to allow transition time. 1 Spot per Swimmer per Session: No multiple and simultaneous registrations. Class Schedules May Change Based on demand and staff availability. NO REFUNDS! No Make-Up Classes. ALL Cancellations must meet our Extended Illness Policy to receive credit. Credits cannot exceed 50% of the total cost. Enrollment Acknowledges and Agrees to ALL WEST Policies.



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To Register: Create an account at www.wca.captyn.com > “Browse & Register” > “WEST Swim School” > select swim level under “Program”. Email lessons@westswimteam.com if unsure of swim level placement.
Pool Address: 15622 Country Club Drive, Mill Creek, WA 98012

<u>Guppies</u> <i>Young swimmers (ages 2-3 years) that are comfortable with an instructor and not yet comfortable in the water. Must wear swim diapers.</i> Skills to Pass: • Fully submerged head & face • Front Float - 3 seconds • Back Float - 3 seconds • Jump off edge unassisted • Climb out of pool independently	<u>Minnows</u> <i>Young or new swimmers (ages 3-6 years) with little experience or not yet comfortable in the water. Must be potty trained (no swim diapers).</i> Skills to Pass: • 5 Head Bobs - fully submerged • Exhale underwater through nose • Front Float - 5 seconds • Back Float - 5 seconds • Front Streamline - 5 yards • Back Streamline - 5 yards
<u>Mackerels</u> <i>Swimmers (ages 3-10 years) who've successfully passed Minnows level, are comfortable in the water and working towards independence.</i> Skills to Pass: • 10 Head Bobs - fully submerged • Exhale underwater through nose • Front Float - 10 seconds • Safety Rotation Front-to-Back • Front Streamline - 10 yards • Back Streamline - 10 Yards • Side Kick with Side Breath • Basic Freestyle Swim - 10 Yards • Backstroke Swim - 10 Yards	<u>Trout</u> <i>Swimmers (ages 4-12 years) who've successfully passed Mackerels level and are independent in the water. This is a DEEP WATER class and swimmers must be able to get themselves to safety.</i> Skills to Pass: • Tread Water - 30 Seconds • Exhale Underwater - Nose Bubbles • Side Kick with Side Breath • Freestyle Swim - 12.5 Yards • Backstroke Swim - 12.5 Yards • Chicken Airplane Rocket - 12.5 Yards • Kneeling Dive into Streamline
<u>Salmon</u> <i>Swimmers (ages 4-12 years) who've successfully passed Trout level and are independent in the water. This is a DEEP WATER class and swimmers must be able to get themselves to safety.</i> Skills to Pass: • Tread Water - 45 Seconds • Exhale Underwater - Nose Bubbles • Side Kick with Side Breath • Freestyle Swim - 20 Yards • Backstroke Swim - 20 Yards • Breaststroke Kick - 20 Yards • Standing Dive into Streamline	<u>Orcas</u> <i>Swimmers (ages 4-12 years) who've successfully passed Salmon level and are independent in the water. This is a DEEP WATER class and swimmers must be able to get themselves to safety.</i> Skills to Pass: • Tread Water - 60 Seconds • Side Kick with Side Breath • Freestyle Swim - 40 Yards • Backstroke Swim - 40 Yards • Breaststroke Swim - 20 Yards • Butterfly / Dolphin Kick - 20 Yards • Racing Dive into Streamline

What's Next?

After completing WEST's Swim School program swimmers will be ready for our Recreation Swim Team which offers swimmers an opportunity to improve their technique and fitness while learning the fundamental skills of competitive swimming. Visit WESTSwimTeam.com for more information.