



WEST Swim School Youth Group Lessons Fall / Winter 2025



<i>Weekday Fall 3</i> <u>Class Times:</u> 10:00am-12pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 10/27-11/19 <i>Cost: \$175</i> Tues / Thurs: 10/28-11/20 <i>Cost: \$175</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Mon / Wed Classes: Thursday 10/16 Tues / Thurs Classes: Friday 10/17	<i>Weekday Winter 1</i> <u>Class Times:</u> 10:00am-12pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 11/24-12/17 <i>Cost: \$154 *No Class 11/26</i> Tues / Thurs: 11/25-12/18 <i>Cost: \$154 *No Class 11/27</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Mon / Wed Classes: Thursday 11/13 Tues / Thurs Classes: Friday 11/14	<i>Weekday Winter 2</i> <u>Class Times:</u> 10:00am-12pm 4:00pm-7:00pm <u>Class Dates:</u> Mon / Wed: 1/5-1/28 <i>Cost: \$175</i> Tues / Thurs: 1/6-1/29 <i>Cost: \$175</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Mon / Wed Classes: Thursday 12/11 Tues / Thurs Classes: Friday 12/12
<i>Weekend Fall/Winter</i> <u>Class Times:</u> 10:00am-2:00pm <u>Class Dates:</u> Saturday 11/1-12/20 <i>Cost: \$175</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Saturday 10/18	<i>Weekend Winter</i> <u>Class Times:</u> 10:00am-2:00pm <u>Class Dates:</u> Saturday 1/10-2/28 <i>Cost: \$175</i> <u>Registration:</u> 5:00pm Returning Swimmers 6:00pm New Swimmers Saturday 12/13	<u>Program & Policy 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% the total cost. Enrollment Acknowledges and Agrees to ALL WEST Policies.

Contact Information: Lessons@WestSwimTeam.com

Pool Address: 15622 Country Club Drive, Mill Creek, WA 98012

To Register: Visit www.WCA.captyn.com > Programming > Filter using top right icon. Classes appear 24 hours before registration opens. Read our class descriptions and select the appropriate level. **If you are unsure of your child's level, we recommend booking a private lesson with any available instructor for an assessment.* Read and acknowledge all policies, waivers and complete all prompts on screen.



WEST Swim School Youth Group Lessons Fall / Winter 2025



Guppies <i>Young swimmers (ages 2-3 years) that are comfortable with an instructor and not yet comfortable in the water. *only offered at Weekday AM times!</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	Minnows <i>Young or new swimmers (ages 3-6 years) with little experience or not yet comfortable in the water.</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
Mackerels <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	Trout <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
Salmon <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	Orcas <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.