



Tyee Aquatic Club School Swim League (TESSL)

Swimming is for life

Session 2 of TESSL will start **Wednesday January 13th** and run till **Wednesday March 2nd**. The Tyee coaching staff are looking forward to seeing your young swimmers in the water. Children of all ages are welcome as long as they are able to put their face in the water.

Tyee Assistant Head Coach, Kylie, will be coordinating TESSL class assignments and payments; her email is admin@tyeeaquaticclub.com

Please use the following link to register each child you would like to attend the programme by **Friday December 18th** ;

https://docs.google.com/forms/d/1Nob97B5xA4zx5v7-pPjNyQw8ojpbe-PElv_q0vJvt4/viewform?usp=send_form

For those that do not have online access please fill in the registration form at the end of this info sheet and either drop off at the front desk of Crystal pool or mail to ; 2275 Quadra St, Victoria, V8T 4C4, still by **Friday 18th December**.

Program

- Swimmers will be divided into groups, Junior Wavemakers, Wavemakers, Swim Skills and Swim Club, based on your registration form.
- Please meet by the blue cubbies in between the girls locker room and the lifeguard station.
- Coaches will be assessing swimmers on the first day of classes to make sure swimmers are in the appropriate level by skill and age.
- All practices are 3:30-4:15
- We do not have classes on Pro-D days or stat holidays.
- Kylie can meet children in grades 3, 4 and 5 outside the gym after school and walk with them to the pool.
- Children in lower grades must make their own way to the pool but are more than welcome to walk with the group if accompanied by an adult.
- It is parents responsibility to pick up their children at 4 :15, Tyee cannot be responsible for children after this time.

- **Fees**

- \$40 for 8 lessons
- Cheques are preferred and are payable to Tyee Aquatic Club but we do accept cash.
- Cheque scan be dropped off at the front desk of Crystal Pool or mailed to, 2275 Quadra St, Victoria, V8T 4C4.
- Payment must be made before or on the first day of lessons.
- We do have access to some jumpstart funding although it is limited. If you need financial assistance please email Kylie.

Learning Groups

The following are general **guidelines** for group placement: all final decisions on group placement will be made by Tyee coaching staff:

Junior Wavemaker • minimum age 3 • must be able to submerge head classes are limited to 6 swimmers/coach

Wavemaker • retrieve object from 1.5m depth and 3m distance • flutter kick on back classes limited to 9 swimmers/coach

Swim Skills (TSS)

• swim with consistent technique for 100m • swim underwater for 10m • can use flutter kick and dolphin kick for propulsion • classes will have up to 15 swimmers/coach

Swim Club (TSC) • swim freestyle and backstroke with basic technique for 300m • use basic dolphin and whip kick for propulsion • understands how to use the pace clock • can tumble and rotate in the water

Tyee Aquatic Club
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V8T 4C4

<http://www.tyeeaquaticclub.com>
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