



Tyee Elementary School Swim League (TESSL)

Swimming is for Life

The Tyee coaching staff is looking forward to working with your young swimmers (kindergarten to grade 5) for the third term from April 11 to June 13. Practices are Tuesdays at Crystal Pool from 3:30 to 4:15. Parents are responsible for their children before and immediately after practice. Tyee Assistant Head Coach Jennika, will be coordinating TESSL class assignments and invoices. Jennika's email is admin@tyeeaquaticclub.com You may register using the following on-line registration link <https://goo.gl/forms/4vf6Lj192kJmJJeg2>

Program

- Swimmers will be divided into the following groups: Jr. Wavemakers, Wavemakers, Swim Skills and Swim Club.
- Coaches will be assessing swimmers on the first day of classes to make sure swimmers are in the appropriate level.
- At the end of the session there will be a 'Just Keep Swimming' meet at Crystal Pool for all the schools in the TESSL program. This is a great chance for swimmers to gain confidence and experience racing!

Fees - \$80, for the 10-week session. Subsidies are available for families in need.

In the first three weeks we expect to:

- Place swimmers into appropriate classes.
- Create preliminary class attendance lists and send out invoices.
- Cheques of \$80 are payable to **Tyee Aquatic Club** by the third practice.

Swimmers who join school programs who are already members of Tyee Aquatic Club will not be charged TESSL fees.



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. Swimmers must be able to submerge head underwater. Classes are limited to 6 swimmers/coach.

Wavemaker: Swimmers must be able to retrieve object from a 1.5m depth and 3m distance and be comfortable flutter kicking on their back. Classes are limited to 9 swimmers/coach.

Swim Skills: Swimmers need to swim with consistent technique for 50m, swim up to 10m underwater, and use dolphin and flutter kick for propulsion. Classes are limited to 15 swimmers/coach.

Swim Club: Swimmers can swim freestyle and backstroke for 100m and use dolphin kick and whip kick for propulsion. Classes are limited to 15 swimmers/coach.

If you are interested in TESSL please fill out the registration form link

<https://goo.gl/forms/4vf6Lj192kJmJJeg2>

Email Jennika if you have any questions admin@tyeeaquaticclub.com

Tyee Aquatic Club – 2275 Quadra St. Victoria BC V8T 4C4

www.tyeeaquaticclub.com