

Blue Wave Aquatics

Swim Lesson Welcome Package

Welcome to Blue Wave Aquatics! You are receiving this information package because you have signed up for

Swim Lessons – First Lesson is Always Free

Registering for Swim Lessons

Congratulations! It's nice to know that no matter where you are in your swimming career Blue Wave Aquatics has a class, clinic, or workout that will help you achieve your goals.

Who is Blue Wave Aquatics?

When you think of adult swimming think BLUE WAVE AQUATICS!

Blue Wave Aquatics is proud to offer adult swim lessons to swimmers of all levels. Our instructors provide a comfortable atmosphere so you can achieve your goals; whether it is getting over the fear of being in the water, not comfortable in deep water, holding your breathe to swim or cannot swim independently for more than 20 feet.

We believe that every adult should be comfortable in the water whether you are just starting out or have swum since you were a child. Our Coaches are passionate about teaching adults how to swim or improve your skills.

I signed up for the Free Swim Lesson what do I do now?

Check out the swim lesson schedule – you can attend any lesson on the schedule. When you get to the lesson introduce yourself to the Instructor so they can get to know you and your swimming ability. Relax and have fun knowing that our swim lessons are geared for adults at any level and our Instructors love teaching adults how to swim.

Requirements for swim lessons are: Must be 18+ years of age, sign Blue Wave Aquatics consent form and wear a comfortable swim suit. If you have a cap or goggles bring those with you.

Swim Lesson Schedule - <http://www.bluewave-aquatics.com/Schedule-SwimLessons.aspx>

Swim Lesson Information Page - <http://www.bluewave-aquatics.com/SwimLessons.aspx>

Fee Schedule - <http://www.bluewave-aquatics.com/FeeSchedule.aspx>

Ready to register for Swim Lessons with BWAQ?

Our current monthly fees are listed on both the swim lesson schedule page and the fee schedule page. You decide how many times a week you want to swim.

Registering with BWAQ

To join Blue Wave's swim lesson program click on the blue JOIN BLUE WAVE AQUATICS button on the right side of the website or go to https://www.clubassistant.com/club/form/usms_verify.cfm?c=1400.

Please note Club Assistant is our billing system for swim lessons.

Registering with BWAQ is a two-step process:

1. Register with USMS. USMS (United States Master Swimming Association) is the national organization that oversees the local master swim groups. USMS current fees are also listed on the fee schedule page of the website.
 - a. If you are new to masters swimming and have not registered with USMS before click on 'Register for United States Masters Swimming' this will take you through the process of registering with USMS.
 - i. Click Join now
 - ii. Complete the personal information and waiver
 - iii. Affiliations: Selected LMSC will be Pacific Northwest and Club will be Blue Wave Aquatics (BWAQ)
 - iv. Complete the options and review / payment
2. Register with BWAQ – once you have completed the USMS portion it will return you to Blue Wave Aquatics Online Registration form. Once the form is completed you are registered with Blue Wave Aquatics! During the registration process you may select how many times per week you would like to attend swim lessons:
 - a. Tri Time Drop In – If you do not want to commit to a certain number of lessons you may pay a drop in rate. Please pay the Coach when you arrive.
 - b. Tri Time Punch Card – Purchase a punch card for 5 swim lessons
 - c. Tri Time Lessons 1 – this option allows you to attend 1 swim lesson per week
 - d. Tri Time Lessons 2 – this option allows you to attend 2 swim lessons per week

We offer family discounts for swim lessons and swim team. If you and a family member swim with BWAQ (must live at the same address). The first member pays full rate and the 2nd swimmer will pay 75% of the normal rate. The family discount can also apply if one of you is in swim lessons and the other is on swim team.

You will receive an email from the Treasurer regarding the payment policy and follow-up to ensure you have selected the right payment options including any specials that are running or the family discount.

Our website is full of information for all our swimmers, we have highlighted some other pages below that might be of interest to you:

Coaches Page – <http://www.bluewave-aquatics.com/Coaches.aspx>

Contact Us - <http://www.bluewave-aquatics.com/ContactUs.aspx>

Current News - <http://www.bluewave-aquatics.com/Members.aspx>

Forms - <http://www.bluewave-aquatics.com/Forms.aspx>

Locations - <http://www.bluewave-aquatics.com/Locations.aspx>

Member login (Club Assistant account) - https://www.clubassistant.com/club/login_form.cfm?c=1400

Merchandise - <http://www.bluewave-aquatics.com/StoreFront.aspx>

Minutes and Newsletters - <http://www.bluewave-aquatics.com/News.aspx>

Resources - <http://www.bluewave-aquatics.com/Resources.aspx?pageDirection=Articles>

Swim Outlet - <http://www.swimoutlet.com/BlueWaveAquatics>

Testimonials - <http://www.bluewave-aquatics.com/Testimonials.aspx>

Weekly news - <http://www.bluewave-aquatics.com/Schedule.aspx>

We have included a couple hand-outs for our new swimmers, please read through them and ask if you have any questions.

Lane Etiquette

1. Check the bad or nervous energy at the door. Distracted mind causes crashes in cars and in the pool. Honor yourself and be present for the workout session.
2. Choose a lane based on endurance & skill level. If you're not sure, ask your coach.
3. When entering the water, make sure there is a safe distance between you and incoming swimmer.
4. NO DIVING, jumps or cannon balls in front of swimmers (no joke we've seen this a lot!).
5. Do your best to be on time. If late, you must join in with the lesson in progress.
6. You must communicate with lanes mates. Communication builds friendships! Communication leads to less frustration.
7. Once a set is given work with your lane to understand, figure out intervals as well as designate leader of the set. Leaders may vary by set.
8. Pull over to the right hand corner of the lane if you want to rest. Creates minimal disturbance in flow of lane.
9. Always stay off of the black center- line unless instructed to do so.
10. Pass with care as if you were in your car. Always be aware of oncoming traffic! Usually passing in the middle of pool is safest place to pass.
11. When passing the passer must have enough speed to safely go around and get in front of the swimmer quickly. If passing takes all of your energy, passing isn't the solution. Switch places at the wall or give 10-12 sec. before push off.
12. Hang or stand at the wall sideways with one hand. Even the 5th person in the lane has the right to finish or hang at the wall.
13. Nobody wants a heavy breathing on neck or face. Do this in the gutter or find your personal space.
14. Make your turns in the center of the lane and push off to the right. Avoid head-on collisions!
15. If another swimmer is right behind you when you turn, you are probably going to slow. Hang on the wall and allow the faster swimmer to lead.

Gear List

Swim gear can be so confusing and expensive – hopefully, this list will help clarify why we recommend what we recommend and where to buy it.

Places to Shop

Swim Outlet - <http://www.swimoutlet.com/BlueWaveAquatics>

We have an affiliate account with swimoutlet.com so every time you shop with them we receive a portion of the sale.

I Swim USA – <http://www.swimshop.com>

Local store by the Aquatic Center at 1105 S 348th St STE B-106, Federal Way, WA 98003 mention you are on BWAQ and receive a discount

Swim Suits

If you plan on swimming more than one session of lessons or are on swim team we recommend investing in a polyester or nylon blend suit. They maintain colors, shape and fit many times longer than lycra suits.

Women's Fit – you want to be comfortable and make sure there isn't any gapping in the fabric or it feels loose when dry. If it is loose when dry it will be really loose when wet. If the suit is uncomfortable when dry it will only get worse in the water. There are suit styles for everyone – thin straps, thick straps, revealing or covering it up, wild and crazy or plain – pick the suit that you will be comfortable with.

Brands we recommend: Speedo, TYR, Dolphin, Blue Seventy and Arena.

Suits we recommend:

- Speedo Solid Endurance Super Proback Adult Swim Suit, Swim Outlet Product Code # 7857
- Ocean by Dolfin AquaShape Conservative Lap Suit Solid Polyester Swim Outlet Product Code # 7555

Men's Fit – Please get a swimsuit if you plan on swimming more than one set of lessons or are on swim team. Board shorts are fine but hard and heavy to swim in. Suits that are polyester or nylon blend tend to last longer and hold their shape and color. For the modest swimmer go with the Jammer style suit which looks more like bicycle shorts. You will see men in both jammers and briefs – it is completely up to you what you want to wear.

Brands we recommend: Speedo

Suits we recommend:

- Speedo Male Solid Endurance Jammer, Swim Outlet Product Code # 7886
- Speedo Solid Poly Mesh Square Leg, Swim Outlet Product Code # 1438

Team Suits – Team suits are selected every couple years, we usually have a bulk order when they are first selected. This year's team suit is the Speedo Acqua Sites and can be purchased at either of the stores listed above.

- Women's Suit – Speedo SKU # 8191213

- Men's Suit – Speedo SKU #851208

Goggles

Everyone has their own favorite brand of goggles and you will need to try on a few pairs before you find yours. A safe bet with most swimmers is the Speedo Vanquisher, it seems to fit everyone most often.

The Speedo Vanquisher comes in both men's and women's sizes, offer different colors and offer prescription goggles. Mirrored smoke goggles are good for outdoor swimming, clear goggles are good for indoor swimming. Invest in a pair of mirrored goggles if you are planning on swimming open water this summer.

Link to goggles on Swim Outlet: <http://www.swimoutlet.com/swim-goggles-c9619/>

Caps

Caps are great for keeping your hair out of your face. Caps are optional and there are a couple different things to consider:

Latex caps run between \$2.00 - \$5.00, they have a tight fit and can last between 1 – 3 months depending on how you care for them

Silicone caps run between \$10.00 - \$20.00, they have a smooth softer texture and are thicker than latex. They are easy to care for and look new until they break. Silicone caps do typically last much longer than latex.

The Coaches will usually have caps with them on deck or they can be purchased online through your Club Assistant account https://www.clubassistant.com/club/login_form.cfm?c=1400 under Order Now.

Fins

We recommend talking to your Coach before purchasing fins. While fins are great for swimming if you get the wrong type of fin you can impair your swimming or cause injury.

Foot Type: Standard foot and heel
Recommend: TYR Burner EBP Floating Fin
Swim Outlet Product # 22453



Foot Type: Preexisting weakness, pain in legs, ankles or feet
Recommend: Aqua Sphere Blue Foam
Swim Outlet Product # 5265



Paddles

Strokemaster Paddles

- #0.5 – XS Red Female Master Swimmers, Swim Outlet product # 1230
- #1.0 – SM Green and Azure Blue for beginning female master swimmers, Swim Outlet product # 1231
- #2.0 – MD Yellow beginning male master swimmers, Swim Outlet product # 1232
- #3.0 – LG Red Natnl level girls, older HS and college boys, Swim Outlet product # 1233
- #4.0 – XLG Dark Blue College men, very strong college women, Swim Outlet product # 1234
- #5.0 – XXL Yellow for the strongest swimmer, Swim Outlet product # 1235



Stokemasters were engineered to improve your stroke while limiting stress on your shoulder. PLEASE NOTE: Size is coded by color

FINIS Freestyler Hand Paddles
Swim Outlet product # 1287

FINNIS is NOT recommended for our swim lesson swimmers!

The FINNIS Freestyler hand paddles is the only hand paddle specifically designed for freestyle swimming. The freestyler allows the swimmer to properly position the hand at the beginning of the stroke. The design will force the swimmer to maximize their extension and initiate the rotation at the beginning for the stroke.



Gear Bags, Backpacks and Other Storage Ideas

Gear bags are great to hold your wet stuff together, the mesh holes allow things to dry out a bit quicker than if they were stuffed in a backpack. Swim Outlet 'Gear Bags' page offers the mesh gear bags, duffle bags, back packs and other ideas to store your gear. <http://www.swimoutlet.com/searchresults.asp?Search=gear+bags&checkRealSearchInput=Y>

Pull Buoys and Kick Boards

Pull Buoys and kick boards are available at most pools. If you are interest in purchasing them here are the pages on Swim Outlet to see what is available:

Pull Buoys - <http://www.swimoutlet.com/pull-buoys-c9664/?Search=SAYT-pull+buoys>

Kick Boards - <http://www.swimoutlet.com/kickboards-c9661/?rd=N&Search=kick%20boards>