

Swim lessons at the Snohomish Aquatic Center



Why choose group swim lessons at the Snohomish Aquatic Center? Our 2023-2024 program:

- Is FUN!
- Serves all levels of learners—from those just getting familiar with the water to beginner swimmers to others with competitive aspirations.
- Has levels tailored to teach essential water safety skills and logical swim skill progression.
- Includes opportunities for in-session advancement.
- Works around busy schedules. We offer a wide variety of session dates and times.

Lesson Sessions

Session	Session duration	Priority registration start date	General registration start date	Lesson start date	Lesson end date
Fall Session 1	5-week session	N/A	Tuesday, August 15	Monday, September 11	Saturday, October 14
Fall Session 2	5-week session	Tuesday, September 12	Tuesday, November 14	Monday, October 16	Saturday, November 18
Fall Session 3	4-week session	Tuesday, October 17	Tuesday, December 12	Monday, November 20	Saturday, December 16
Winter Session 1	4-week session	Tuesday, November 21	Tuesday, December 12	Tuesday, January 2	Saturday, January 27
Winter Session 2	4-week session	Tuesday, January 2	Tuesday, January 23	Monday, January 29	Saturday, February 24
Spring Session 1	5-week session	Tuesday, January 30	Tuesday, February 20	Monday, February 26	Saturday, March 24
Spring Session 2	5-week session	Tuesday, February 27	Tuesday, March 26	Monday, April 8	Saturday, May 11
Spring Session 3	5-week session	Tuesday, April 9	Tuesday, May 7	Monday, May 13	Saturday, June 15

Priority registration is available to students who signed up in the current swim session at the time of registration. Priority registration does not guarantee a same day/time slot in the next session.

There will be no swim lessons on **November 23-24, January 1, or May 27** due to holiday closures. These sessions will be prorated at the price per class rate of \$9.95 for the closure dates.



To learn more about and register for swim lesson programs at the Snohomish Aquatic Center, stop by our facility or visit us online at www.sno.wednet.edu/swimlessons

516 Maple Avenue, Snohomish, WA 98290 / 360.568.8030 / www.snohomishaquatic.com

Group Swim Lesson Schedule

Parent/Tot 1 and 2 lessons

Sessions offered daily Monday through Saturday

- Mondays: 10:30 a.m.
- Mondays: 6:30 p.m.
- Tuesdays: 10:30 a.m., 11 a.m., 4:30 p.m.
- Wednesdays: 10:30 a.m.
- Wednesdays: 6:30 p.m.
- Thursdays: 10:30 a.m., 11 a.m., 4:30 p.m.
- Fridays: 10:30 a.m.
- Saturdays: 11:30 a.m.

Homeschool program

Guests will get 45 minutes of open recreation pool time and 45 minutes of swim instruction.

- Tuesday/Thursday from 1-2:30 p.m.

Preschool and Youth lessons

Preschool and Youth lessons are offered in 30-minute blocks.

Levels 1-7

- Monday/Wednesday from 3:30-6:30 p.m.
- Tuesday/Thursday from 4-7 p.m.
- Saturday from 9-11:30 a.m.

Levels 5-7

- Levels 5-7 are only available at selected times. Please check with Guest Services for specific availability.

Diving lessons

Fundamentals of springboard diving

- Tuesday/Thursday from 7-7:45 p.m.

Competitive springboard diving lessons

- Tuesday/Thursday from 8-9 p.m.

Teen and adult beginning lessons

Join us for some “grown-up” swim lessons during a time designated just for teens and adults.

- Teen: Tuesday/Thursday: 7:30-8 p.m.
- Adult: Thursdays: 8:15-8:45 p.m.

Private lessons

Guests interested in private lessons should e-mail privatelessons@snohomishaquatic.com. We will match guests with an instructor who meets their needs.

Swim Lesson Rates

Group lessons	Class frequency	4-week session	5-week session	Price per lesson
Parent/Tot 1 and 2	1 class per week	\$39.80	\$49.75	\$9.95
Preschool and Youth	2 classes per week 1 class per week	\$79.60 \$39.80	\$99.50 \$49.75	
Teen	2 classes per week	\$69.65	\$99.50	\$16
Adult	1 class per week	\$64	\$80	

Homeschool lessons	Class frequency	4-week session	5-week session	Price per lesson
Homeschool Program	1 class per week	\$60	\$75	\$14

Diving lessons	Class frequency	4-week session	5-week session	Price per lesson
Fundamental Springboard Diving	1 class per week	\$39.80	\$49.75	\$16.25
Competitive Springboard Diving	1 class per week	\$65	\$81.25	

All group lessons, homeschool lessons, and dive lessons have the option to register for multiple lessons per week at the price per lesson rate.

Swim lesson skills/advancement goals

*Advancement goals are noted in bold print.

Parent/Tot Swim Lessons

Parent/Tot 1 – 8:1 pair: teacher ratio

- Infant and toddler water adjustment classes enhance motor coordination and social skills, and introduce water safety. Parent and child enjoy time together in the water. Introduction to basic water skills.

Parent/Tot 2 – 8:1 pair: teacher ratio

- Work on floating and other safety skills, as well as transition to working more with instructors.

Preschool Swim Lesson Levels

Sea Horses

(3 year old beginners only – 4:1 ratio)

- Put face/head in water and blow bubbles twice in succession
- Straight leg kicking while sitting on step or bench
- Float with assistance on front and back
- Listening and ability to pay attention in a classroom environment.

Sea Turtles

(4-5 year old beginners – 5:1 ratio)

- Put face/head in water and blow bubbles twice in succession
- Straight leg kicking while sitting on step or bench
- Float with assistance on front and back
- Pay attention in a classroom environment

Sea Otters

(3-5 year olds – 5:1 ratio)

- 5 slow, controlled bobs
- Float unassisted on front for 5 seconds then recover
- Float unassisted on back for 5 seconds then recover
- Introduction to torpedoes
- Roll over and call for help

Sea Stars

(3-5 year olds – 5:1 ratio)

- 10 slow, controlled bobs
- Front torpedo with straight legs kicking for 10 feet
- Back torpedo with straight legs kicking for 10 feet
- Introduce crawlstroke arms



Questions?

Contact us at 360.568.8030

or visit us online at www.snomishaquatic.com

Youth Learn-to-Swim Levels

Ages 6 and older or Sea Stars graduates (Graduates of Sea Stars would move to Level 2)

Level 1 (6:1 ratio)

- 10 slow, controlled bobs
- 5 seconds unassisted float on front and back, arms at side and recover
- Kicking on the wall
- Rollover and call for help

Level 2 (6:1 ratio)

- Front torpedo w/ straight leg flutter kicking 15 feet
- Back torpedo w/ straight leg flutter kicking 15 feet
- Introduce side kicking

Level 3 (6:1 ratio)

- Crawl stroke for 20 – 25 feet
- Side glide kick for 20 – 25 feet with two switches
- Introduce dolphin kick

Level 4 (6:1 ratio)

- Crawl w/ bilateral breathing for 20 yards
- Backcrawl for 20 yards
- Sidestroke and elementary backstroke for 10 yards each

Level 5 (8:1 ratio)

- Jump in, surface and swim freestyle for 25 yards
- Backstroke for 25 yards
- Tread water for 30 seconds
- Introduce feet-first, head-first surface dives
- Introduce egg-beater kick and basic water polo skills

Level 6 (8:1 ratio)

- Freestyle for 50 yards
- Backstroke for 50 yards
- Breaststroke kick for 25 yards on a board
- Dolphin kick on surface without a board for 25 yards
- Introduce diving off the side
- Introduce egg-beater kick and basic water polo skills

Level 7 (8:1 ratio)

- Breaststroke for 25 yards
- Butterfly for 25 yards
- 1x100 IM

Level Up-Youth

Swim Conditioning Program

Level 5 or above

- Build endurance and improve skills in all four competitive strokes: freestyle, backstroke, breaststroke and butterfly
- Work on stroke technique and drills designed to make swimming easier and more efficient, while developing enthusiasm for the sport of swimming
- Learn racing and team-specific skills like flip turns, racing starts and finishes
- Spring/summer program

Fundamentals of Springboard

Diving

Learn the fundamentals of competitive diving in a safe and positive environment. The goal of this group is for divers to have fun and be safe while learning the basic fundamentals of the sport of diving. The lesson program features three levels: beginner, intermediate, and advance. The main focus of the Lessons Program is on safety, fun, exercise, and learning the basic skill progressions. Lessons divers will progress through an 8-level dive progression in accordance with the USA Diving Future Champions program. As divers progress through each level, they will learn new and challenging dives on the 1-meter, preparing them for high school diving and beyond. Regular testing will be held for divers to demonstrate proficiency in their dives and advance to the next level. Based on this testing, feedback will be provided to divers and their parents notifying them of their progress, highlighting areas of strength, and provide suggestions on how they can improve. **Must be able to swim safely in deep water. Minimum age of 7.**

Competitive Diving

This group will work on developing and executing a six-dive and 11-dive list for competitions. Geared for divers grades 7 through 12 who are looking for opportunities to train for 1-meter springboard competitions.

Our on-deck evaluator is always available to answer questions. Look for the orange shirt.