

# Swim Lessons at the Snohomish Aquatic Center



## Why choose group swim lessons at the Snohomish Aquatic Center? Our 2024-2025 program:

We offer group swimming lessons including parent/tot, preschool and youth (levels 1-5), Pre-Comp (levels 6&7), teen, adult, and diving lessons. We also offer a home school program, LevelUP!, and private and semi-private lessons.

## Group Lesson Sessions

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

### Please note:

- No refunds will be issued after a session has started.
- Makeups are not available.
- Classes may be moved/combined based on class sizes and instructor availability.

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 20	Monday, September 9	Saturday, October 12
Fall Session 2	5-week session	Tuesday, September 10	Tuesday, October 8	Monday, October 14	Saturday, November 16
Fall Session 3	5-week session	Tuesday, October 15	Tuesday, November 12	Monday, November 18	Saturday, December 21
Winter Session 1	4-week session	Tuesday, November 19	Tuesday, December 16	Tuesday, January 6	Saturday, February 1
Winter Session 2	4-week session	Tuesday, January 7	Tuesday, January 28	Monday, February 3	Saturday, March 1
Spring Session 1	5-week session	Tuesday, February 4	Tuesday, February 25	Monday, March 3	Saturday, April 5
Spring Session 2	5-week session	Tuesday, March 4	Tuesday, April 1	Monday, April 14	Saturday, May 17
Spring Session 3	4-week session	Tuesday, April 15	Tuesday, May 6	Monday, May 19	Saturday, June 14

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 28-29** or **May 26** due to holiday closures. These sessions will be prorated at the price per class rate for the closure dates.

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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.snohomishaquatic.com/activities-classes/swim-lessons](http://www.snohomishaquatic.com/activities-classes/swim-lessons)

516 Maple Avenue, Snohomish, WA 98290 / 360.568.8030 / [www.snohomishaquatic.com](http://www.snohomishaquatic.com)

# Group Swim Lessons

Group lessons are offered in 30-minute blocks and sessions are 4 or 5 weeks long, depending on the season. Preschool and Youth lessons have the option for two sessions per week.

## Parent/Tot 1 and 2 lessons

Parent/tot classes are for infants and toddlers ages 6-36 months with parent/guardian participation in the water.

- Monday through Friday at select times
- Saturday mornings
- Please check with Guest Services for Specific availability

## Preschool and Youth lessons

Preschool lessons are for children ages 3-5. Must be able to work independently in the water without a parent/guardian. Youth lessons are for children ages 6-12 years.

### Levels 1-5

- Monday/Wednesday from 3:30-6:30 p.m.
- Tuesday/Thursday from 3:30-6:30 p.m.
- Saturday from 9-11:30 a.m.
- Levels 5 is only available at selected times. Please check with Guest Services for specific availability.

## Pre-Comp (Levels 6-7)

Pre-Comp is designed for swimmers who have completed Levels 1-5 and is designed to get students ready to be on a competitive swim team.

### Levels 6-7

- Pre-Comp is held in the Competition Pool and is only available at select times. Please check with Guest Services for specific availability.

Group lessons	Class frequency	4-week session	5-week session	Price per lesson
Parent/Tot 1 and 2	1 class per week	\$48	\$60	\$12
Preschool and Youth	2 classes per week 1 class per week	\$96 \$48	\$120 \$60	
Pre-Comp	1 class per week	\$48	\$60	

# Group Lesson Skills/Advancement Goals

\*Advancement goals are noted in bold print.

## Parent/Tot Swim Lessons

### Parent/Tot 1 – 12:1 pair: teacher ratio

- Infant and toddler water adjustment classes enhance motor coordination and social skills, and introduce water safety. Introduction to basic water skills.

### Parent/Tot 2 – 12:1 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

## 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

### 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

### 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 10:1 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

# Specialty Lessons

## Teen and Adult Lessons

Teen lessons are for ages 13-17 years and Adult lessons are geared for ages 18 years and older.

- Teen/Adult lessons are only available at selected times. Please check with Guest Services for specific availability.

Group lessons	Class frequency	4-week session	5-week session	Price per lesson
Teen	2 classes per week	\$96	\$120	\$12
Adult	1 class per week	\$64	\$80	\$16

## Dive Lessons

FUNdamental Springboard Diving has a minimum age of 7 years. Competitive Diving is geared for more competitive divers in grades 7-12.

### Fundamental springboard diving

### Competitive springboard diving lessons

- Tuesday/Thursday from 7-7:45 p.m.
- Tuesday/Thursday from 8-9 p.m.

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

## Homeschool Program

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

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

## LevelUP!

LevelUP is for swimmers ages 7 and older who have completed level 5 or higher in our learn-to-swim program. Sessions are 1-hour long, two days per week and are offered in the spring and summer seasons only.

Homeschool lessons	Class frequency	4-week session	5-week session	Price per lesson
Homeschool Program	1 class per week	\$56	\$70	\$14
LevelUP!	Class frequency	7-week session	8-week session	Price per lesson
LevelUP!	2 class per week	\$210	\$240	\$15

## Private and Semi-Private lessons

Private and semi-private lessons are for students ages 4 and older. Sessions are 30 minutes. Private and semi-private lessons are booked on a waitlist only.

Guests interested should email [privatelessons@snohomishaquatic.com](mailto:privatelessons@snohomishaquatic.com).

Private lessons	Lesson frequency	4-lessons	Price per lesson
Private Lessons (1:1 Instruction)	1 class per week	\$170	\$47.50
Semi-Private Lessons (1:2 Instruction)	1 class per week	\$98/guest	\$27/guest/lesson

**Questions?** Contact us at 360.568.8030  
or visit us online at [www.snohomishaquatic.com](http://www.snohomishaquatic.com)

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*Revised 8/30/2024*