Swim Lessons at the Snohomish Aquatic Center

Why choose group swim lessons at the Snohomish Aquatic Center? Our 2026-2027 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.

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.

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.
*Dates for registration and lessons are subject to change.

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 18	Monday, September 14	Saturday, October 17
Fall Session 2	5-week session	Tuesday, September 15	Tuesday, October 13	Monday, October 19	Saturday, November 21
Fall Session 3	4-week session	Tuesday, October 20	Tuesday, November 17	Monday, November 23	Saturday, December 19
Winter Session 1	4-week session	Tuesday, November 24	Tuesday, December 15	Monday, January 4	Saturday, January 30
Winter Session 2	4-week session	Tuesday, January 5	Tuesday, January 26	Monday, February 1	Saturday, February 27
Spring Session 1	5-week session	Tuesday, February 2	Tuesday, February 23	Monday, March 1	Saturday, April 3
Spring Session 2	5-week session	Tuesday, March 2	Tuesday, March 30	Monday, April 12	Saturday, May 15
Spring Session 3	5-week session	Tuesday, April 13	Tuesday, May 11	Monday, May 17	Saturday, June 19

Registration for Fall Session 1 begins Tuesday, August 18 at 5:30 a.m.

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 26-27** or **May 31** 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/lessons

516 Maple Avenue, Snohomish, WA 98290 / 360.568.8030 / 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.

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Parent/Tot and Preschool lessons

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

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

- Monday through Friday at select times
- Saturday mornings

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 at select times.
- Tuesday/Thursday at select times.
- Saturday from 9-11:30 a.m.
- Levels 5 is only available at selected times.

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.

Lessons dates and times can be viewed at www.sno.wednet.edu/aquaticcenterregistration or by calling Guest Services.

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	$96	$120	
	1 class per week	$48	$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**

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

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 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

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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
- Tuesday/Thursday from 7–7:45 p.m.

Competitive springboard diving lessons
- 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	$73	$91.25	$18.25
Competitive Springboard Diving	1 class per week	$73	$91.25	

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	$72	$90	$18
LevelUP!	**Class frequency**	**7-week session**	**8-week session**	**Price per lesson**
LevelUP!	2 class per week	$266	$304	$19

Private and Semi-Private lessons

Private and semi-private lessons are for students ages 3 and older. Sessions are 30 minutes.
Private and semi-private lessons are booked on a waitlist only.

Guests interested should email privatelessons@snohomishaquatic.com.

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

Supporting your swimmer

At the Snohomish Aquatic Center, we are committed to helping every child become a confident, safe, and skilled swimmer. To support this mission, we ask parents and guardians to partner with us in creating the best possible learning environment.

Stay back to support

We highly recommend that parents remain clear of the pool edge and avoid interrupting the class or instructor during lesson time, unless there is an emergency. Instructors are trained to keep your child safe and focused. When parents interject, give advice or instructions/corrections, it can disrupt the flow of the lesson and distract both the swimmer and the group.

Focus matters

Children who are able to stay attentive and follow instructions during swim lessons make the most progress. Focus helps them better understand swimming techniques and essential water safety skills. Staying on task also builds confidence and independence.

Teamwork in group lessons

Many of our swim classes are taught in a group format.
These sessions encourage swimmers to:

- Take turns respectfully
- Cheer for and support their classmates
- Work together as a team

Group lessons are about more than just swimming, they're also an opportunity for children to build important social and emotional skills in a supportive environment.

How you can help your swimmer

Your encouragement goes a long way.
Help your child thrive by:

- Praising their effort and progress, no matter how small.
- Teaching them to set goals and overcome challenges with a positive attitude.
- Celebrating their growth, not just their milestones.
- Reinforce what your swimmer is learning by practicing skills at home or during open swim. Repetition is key to progress.

Safety reminders

- Students must wait for their instructor to enter the water before entering the pool.
- Children must stay with their instructor throughout the lesson.

Questions? Contact us at 360.568.8030
or visit us online at www.snohomishaquatic.com

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, ethnicity, creed, religion, color, national origin, immigration or citizenship status, age, veteran or military status, sexual orientation, gender expression, gender identity, homelessness, disability, neurodivergence, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination, and all are located at 1601 Avenue D, Snohomish, WA 98290: Civil Rights Coordinator and Title IX Coordinator – Darryl Pernat, 360-563- 7285, darryl.pernat@sno.wednet.edu; Student ADA and Section 504 Coordinator - Wendy McCulloch, 360-563-7308, wendy.mcculloch@sno.wednet.edu; Applicant and Employee ADA Coordinator – Shantel Strandt, 360-563-7229; shantel.strandt@sno.wednet.edu; and Harassment, Intimidation and Bullying Coordinator – Jennifer Harlan, 360-563-7282, jennifer.harlan@sno.wednet.edu.

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