

# LEVEL UP! ↑

## SNOHOMISH AQUATIC CENTER

**Level Up!** is perfect for students who have completed the learn-to-swim program and:

- Enjoy swimming for exercise.
- Want to keep advancing their swim skills.
- Would like preparation for a swim team.

Students will gain endurance while learning all four swimming strokes (breaststroke, butterfly, backstroke, freestyle) and incorporating flip turns, how to use the starting blocks, as well as get experience with a variety of swim training equipment. This is a non-competitive environment, aimed toward the swimmer's goals.

**Classes are 60 minutes and are offered two days a week**

- Mondays and Wednesdays from 4-5 p.m. and 5-6 p.m.
- Tuesdays and Thursdays from 4-5 p.m. and 5-6 p.m.

### Prerequisites

- Students must be at least 7-years old.
- Have completed swimming at level 5 or higher.
- Be able to swim two complete 25-yard lengths of the Competition pool, one in freestyle with side breathing, and the other in backstroke.

### Level Up! Gear Bag

We offer Level Up! gear bags for 25% off with registration. Gear bag consists of: a mesh pull-string bag, buoy, and a kick board.

### Fees

- 7-week session \$210
- 8-week session \$240

**Registration for all sessions begins on Wednesday, January 31**

**There will be no lessons the week of April 1-5**

Session	Session Duration	Lesson Start Date	Lesson End Date
<b>Session 1</b>	7-weeks	Monday, March 4	Friday, April 26
<b>Session 2</b>	8-weeks	Monday, April 29	Friday, June 21
<b>Session 3</b>	8-weeks	Monday, June 24	Friday, August 16

To learn more, visit our website or stop by the facility Welcome Desk.

**Register Today!**

**[www.sno.wednet.edu/aquaticcenterregistration](http://www.sno.wednet.edu/aquaticcenterregistration)**

**516 Maple Avenue, Snohomish, WA 98290 / 360-568-8030 / [www.snohomishaquatic.com](http://www.snohomishaquatic.com)**

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