

# Swim lessons at the Snohomish Aquatic Center



## Why choose swim lessons at the Snohomish Aquatic Center? Our 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.

## Priority Registration

If you are currently enrolled in the Snohomish Aquatic Center swim lesson program, please talk to a Guest Services representative about priority registration for an upcoming swim lesson session.

## Sessions during the 2019–2020 school year:

**FALL SESSION 1** will begin on Monday, September 9 and will run through Saturday, October 12. General registration begins Monday, August 19.

**FALL SESSION 2** will begin on Monday, October 14 and will run through Saturday, November 16. General registration begins Monday, October 7.

**FALL SESSION 3** will begin on Monday, November 18 and will run through Saturday, December 21. General registration begins Monday, November 11.

**WINTER SESSION 1** will begin on Monday, January 6 and will run through Saturday, February 1. General registration begins Monday, December 16.

**WINTER SESSION 2** will begin on Monday, February 3 and will run through Saturday, February 29. General registration begins Monday, January 27.

**SPRING SESSION 1** will begin on Monday, March 2 and will run through Saturday, April 4. General registration begins Monday, February 24.

**SPRING SESSION 2** will begin on Monday, April 13 and will run through Saturday, May 16. General registration begins Monday, March 30.

**SPRING SESSION 3** will begin on Monday, May 18 and will run through Saturday, June 20. General registration begins Monday, May 11.

## PLEASE NOTE

- Classes may be moved/combined based on class sizes and instructor availability.
- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
- No refunds will be issued after a session has started.
- Makeups are available for injury or illness only. Makeups can only occur in a class that already exists and adding a student will not put the class over its maximum allowable enrollment. Because our available space changes, guests are asked to check the day before they intend to come to make sure space is available.
- During afternoon and evening lessons on Mondays through Thursdays, the zero-entry and beach area of our facility will not be available.

SNOHOMISH  
AQUATIC  
CENTER

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](http://www.sno.wednet.edu/swimlessons)

**Fall Session 1** will begin on Monday, September 9 and will run through Saturday, October 12. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, August 19.

## WHY CHOOSE SWIM LESSONS AT THE SNOHOMISH AQUATIC CENTER? OUR PROGRAM:

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- Includes opportunities for in-session advancement.

### Parent/Tot 1 and 2

**Sessions offered daily Mondays through Saturdays** – \$40 (once a week, 5-week session).

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

### Morning preschool (Sea Horses, Sea Turtles, Sea Otters and Sea Stars)

- Monday/Wednesday mornings from 9 a.m. – 10:30 a.m. This session: \$80.
- Tuesday/Thursday mornings from 9 a.m. – 10:30 a.m. This session: \$80.
- Friday mornings offered from 9 a.m. – 10:30 a.m. This session: \$40.

### Monday/Wednesday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 3:30 p.m. – 6:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$80.

### Tuesday/Thursday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 4 p.m. – 7:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$80

### Saturday mornings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 9 a.m. – 11:30 a.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$40.

### Private lessons

Guests interested in private lessons should e-mail [privatelessons@snohomishaquatic.com](mailto:privatelessons@snohomishaquatic.com) or visit the Welcome Desk. We will match guests with an instructor who meets their needs.

### Teen and adult beginning lessons

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

- Teen: Tuesday and Thursdays: 7:30 p.m. – 8 p.m. This 5-week session: \$80.
- Adult: Thursdays: 8:15 p.m. – 8:45 p.m. This 5-week session: \$80.

### Homeschool Program

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

- Classes are from 1 – 2:30 p.m., Tuesdays and Thursdays.
- Fees are \$70/guest (Tuesdays once a week for 5-week session), \$70/guest (Thursdays once a week for 5-week session) or \$140/guest (twice a week for 5-week session).

### Pre-competitive lessons

- Available Tuesdays/Thursdays from 5:45 p.m. – 6:30 p.m.
- This 5-week session: \$115

### Beginning springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 5-week session: \$81.25/Tuesdays or Thursdays once a week or \$162.50/Tuesdays & Thursdays

### Intermediate springboard diving lessons

- Available Tuesdays/Thursdays from 7:30 p.m. – 8:30 p.m.
- This 5-week session: \$81.25/Tuesdays or Thursdays once a week or \$162.50/Tuesdays & Thursdays

## Please note

- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
- No refunds will be issued after a session has started.
- Makeups are available for injury or illness only. Makeups can only occur in a class that already exists and adding a student will not put the class over its maximum allowable enrollment. Because our available space changes, guests are asked to check the day before they intend to come to make sure space is available.

**Fall Session 2** will begin on Monday, October 14 and will run through Saturday, November 16. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, October 7.

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- Wednesdays: 10:30 a.m.
- Wednesdays: 6:30 p.m.
- Thursdays: 10:30 a.m., 11 a.m.
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- Monday/Wednesday mornings from 9 a.m. – 10:30 a.m.  
This 5-week session: \$80.
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This 5-week session: \$80.
- Friday mornings offered from 9 a.m. – 10:30 a.m.  
This 5-week session: \$40.

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- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
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- Teen: Tuesday and Thursdays: 7:30 p.m. – 8 p.m.  
This 5-week session: \$80.
- Adult: Thursdays: 8:15 p.m. – 8:45 p.m.  
This 5-week session: \$80.

### Homeschool Program

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

- Classes are from 1 – 2:30 p.m., Tuesdays and Thursdays.
- Fees are \$70/guest (Tuesdays once a week for 5-week session), \$70/guest (Thursdays once a week for 5-week session) or \$140/guest (twice a week for 5-week session).

### Pre-competitive lessons

- Available Tuesdays/Thursdays from 5:45 p.m. – 6:30 p.m.
- This 5-week session: \$115.

### Beginning springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 5-week session: \$81.25/guest/ Tuesdays or \$48.75/Thursdays once a week or \$130/Tuesdays & Thursdays (No classes on Thursday, November 7 or Thursday, November 14.)

### Intermediate springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 5-week session: \$81.25/guest/ Tuesdays or \$48.75/Thursdays once a week or \$130/Tuesdays & Thursdays (No classes on Thursday, November 7 or Thursday, November 14.)

### Please note

- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
- No refunds will be issued after a session has started.
- Makeups are available for injury or illness only. Makeups can only occur in a class that already exists and adding a student will not put the class over its maximum allowable enrollment. Because our available space changes, guests are asked to check the day before they intend to come to make sure space is available.

**Fall Session 3** will begin on Monday, November 18 and will run through Saturday, December 21. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, November 11.

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### Parent/Tot 1 and 2

**Sessions offered daily Mondays through Saturdays** – \$40 (once a week, 5-week session).

- Mondays: 10:30 a.m.
- Mondays: 6:30 p.m.
- Tuesdays: 10:30 a.m., 11 a.m.
- Wednesdays: 10:30 a.m.
- Wednesdays: 6:30 p.m.
- Thursdays: 10:30 a.m., 11 a.m. (This session is \$32. No class on Thursday, November 28.)
- Fridays: 10:30 a.m.
- Saturdays: 11:30 a.m.

### Morning preschool (Sea Horses, Sea Turtles, Sea Otters and Sea Stars)

- Monday/Wednesday mornings from 9 a.m. – 10:30 a.m. This session: \$80.
- Tuesday/Thursday mornings from 9 a.m. – 10:30 a.m. This session: \$72. (No class on Thursday, November 28.)
- Friday mornings offered from 9 a.m. – 10:30 a.m. This session: \$40.

### Monday/Wednesday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 3:30 p.m. – 6:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$80.

### Tuesday/Thursday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 4 p.m. – 7:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$72. (No class on Thursday, November 28.)

### Saturday mornings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 9 a.m. – 11:30 a.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$40.

### Private lessons

Guests interested in private lessons should e-mail [privatelessons@snohomishaquatic.com](mailto:privatelessons@snohomishaquatic.com) or visit the Welcome Desk. We will match guests with an instructor who meets their needs.

### Teen and adult beginning lessons

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

- Teen: Tuesday and Thursdays: 7:30 p.m. – 8 p.m. This 5-week session: \$72. (No class on Thursday, November 28.)
- Adult: Thursdays: 8:15 p.m. – 8:45 p.m. This 5-week session: \$72. (No class on Thursday, November 28.)

### Homeschool Program

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

- Classes are from 1 – 2:30 p.m., Tuesdays and Thursdays.
- Fees are \$70/guest (Tuesdays once a week for 5-week session), \$56/guest (Thursdays once a week for 5-week session) or \$126/guest (twice a week for 5-week session). (No class on Thursday, November 28.)

### Pre-competitive lessons

- Available Tuesdays/Thursdays from 5:45 p.m. – 6:30 p.m.
- This 5-week session: \$103.50 (No class on Thursday, November 28.)

### Beginning springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 5-week session: \$81.25/Tuesdays or \$65/Thursdays once a week or \$146.25/Tuesdays & Thursdays (No class on Thursday, November 28.)

### Intermediate springboard diving lessons

- Available Tuesdays/Thursdays from 7:30 p.m. – 8:30 p.m.
- This 5-week session: \$81.25/Tuesdays or \$65/Thursdays once a week or \$146.25/Tuesdays & Thursdays (No class on Thursday, November 28.)

## Please note

- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
- No refunds will be issued after a session has started.
- Makeups are available for injury or illness only. Makeups can only occur in a class that already exists and adding a student will not put the class over its maximum allowable enrollment. Because our available space changes, guests are asked to check the day before they intend to come to make sure space is available.

**Winter Session 1** will begin on Monday, January 6 and will run through Saturday, February 1. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, December 16.

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- Includes opportunities for in-session advancement.

### Parent/Tot 1 and 2

**Sessions offered daily Mondays through Saturdays** – \$32 (once a week, 4-week session).

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

### Morning preschool (Sea Horses, Sea Turtles, Sea Otters and Sea Stars)

- Monday/Wednesday mornings from 9 a.m. – 10:30 a.m. This session: \$64.
- Tuesday/Thursday mornings from 9 a.m. – 10:30 a.m. This session: \$64.
- Friday mornings offered from 9 a.m. – 10:30 a.m. This session: \$32.

### Monday/Wednesday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 3:30 p.m. – 6:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 4-week session: \$64.

### Tuesday/Thursday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 4 p.m. – 7:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 4-week session: \$64.

### Saturday mornings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 9 a.m. – 11:30 a.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 4-week session: \$32.

### Private lessons

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### Teen and adult beginning lessons

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

- Teen: Thursdays: 7:30 p.m. – 8 p.m. This 4-week session: \$64.
- Adult: Thursdays: 8:15 p.m. – 8:45 p.m. This 4-week session: \$64.

### Homeschool Program

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

- Classes are from 1 – 2:30 p.m., Tuesdays and Thursdays.
- Fees are \$56/guest (Tuesdays once a week for 4-week session), \$56/guest (Thursdays once a week for 4-week session) or \$112/guest (twice a week for 4-week session).

### Pre-competitive lessons

- Available Tuesdays/Thursdays from 5:45 p.m. – 6:30 p.m.
- This 4-week session: \$92

### Beginning springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 4-week session: \$65/Tuesdays or \$65/Thursdays once a week or \$130/Tuesdays & Thursdays

### Intermediate springboard diving lessons

- Available Tuesdays/Thursdays from 7:30 p.m. – 8:30 p.m.
- This 4-week session: \$65/Tuesdays or \$65/Thursdays once a week or \$130/Tuesdays & Thursdays

## Please note

- Classes may be moved/combined based on class sizes and instructor availability.
- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
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**Winter Session 2** will begin on Monday, February 3 and will run through Saturday, February 29. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, January 27.

## WHY CHOOSE SWIM LESSONS AT THE SNOHOMISH AQUATIC CENTER? OUR PROGRAM:

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- This 4-week session: \$65/Tuesdays

### Intermediate springboard diving lessons

- Available Tuesdays from 7:30 p.m. – 8:30 p.m.
- This 4-week session: \$65/Tuesdays

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**Spring Session 1** will begin on Monday, March 2 and will run through Saturday, April 4. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, February 24.

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- Thursdays: 10:30 a.m., 11 a.m.
- Fridays: 10:30 a.m.
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- Has levels tailored to teach essential water safety skills and logical swim skill progression.
- Includes opportunities for in-session advancement.

### Parent/Tot 1 and 2

**Sessions offered daily Mondays through Saturdays** – \$40 (once a week, 5-week session).

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

### Morning preschool (Sea Horses, Sea Turtles, Sea Otters and Sea Stars)

- Monday/Wednesday mornings from 9 a.m. – 10:30 a.m. This session: \$80.
- Tuesday/Thursday mornings from 9 a.m. – 10:30 a.m. This session: \$80.
- Friday mornings offered from 9 a.m. – 10:30 a.m. This session: \$40.

### Monday/Wednesday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 3:30 p.m. – 6:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$80.

### Tuesday/Thursday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 4 p.m. – 7:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$80.

### Saturday mornings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 9 a.m. – 11:30 a.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$40.

### Private lessons

Guests interested in private lessons should e-mail [privatelessons@snohomishaquatic.com](mailto:privatelessons@snohomishaquatic.com) or visit the Welcome Desk. We will match guests with an instructor who meets their needs.

### Teen and adult beginning lessons

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

- Teen: Thursdays: 7:30 p.m. – 8 p.m. This 5-week session: \$80.
- Adult: Thursdays: 8:15 p.m. – 8:45 p.m. This 5-week session: \$80.

### Homeschool Program

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

- Classes are from 1 – 2:30 p.m., Tuesdays and Thursdays.
- Fees are \$70/guest (Tuesdays once a week for 5-week session), \$70/guest (Thursdays once a week for 5-week session) or \$140/guest (twice a week for 5-week session).

### Pre-competitive lessons

- Available Tuesdays/Thursdays from 5:45 p.m. – 6:30 p.m.
- This 5-week session: \$115.

### Beginning springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 5-week session: \$81.25/Tuesdays or Thursdays once a week or \$162.50/Tuesdays & Thursdays

### Intermediate springboard diving lessons

- Available Tuesdays/Thursdays from 7:30 p.m. – 8:30 p.m.
- This 5-week session: \$81.25/Tuesdays or Thursdays once a week or \$162.50/Tuesdays & Thursdays

## Please note

- Classes may be moved/combined based on class sizes and instructor availability.
- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
- No refunds will be issued after a session has started.
- Makeups are available for injury or illness only. Makeups can only occur in a class that already exists and adding a student will not put the class over its maximum allowable enrollment. Because our available space changes, guests are asked to check the day before they intend to come to make sure space is available.



**Spring Session 3** will begin on Monday, May 18 and will run through Saturday, June 20. Sessions are held twice a week unless otherwise noted (Friday mornings, Saturdays, parent/tot and private). General registration begins Monday, May 11.

## WHY CHOOSE SWIM LESSONS AT THE SNOHOMISH AQUATIC CENTER? OUR PROGRAM:

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- 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.

### Parent/Tot 1 and 2

#### Sessions offered daily Mondays

**through Saturdays** – \$40 (once a week, 5-week session).

- Mondays: 10:30 a.m. (This class is \$32 – no class on Monday, May 25.)
- Mondays: 6:30 p.m. (This class is \$32 – no class on Monday, May 25.)
- Tuesdays: 10:30 a.m., 11 a.m.
- Wednesdays: 10:30 a.m.
- Wednesdays: 6:30 p.m.
- Thursdays: 10:30 a.m., 11 a.m.
- Fridays: 10:30 a.m.
- Saturdays: 11:30 a.m.

### Morning preschool (Sea Horses, Sea Turtles, Sea Otters and Sea Stars)

- Monday/Wednesday mornings from 9 a.m. – 10:30 a.m. This session: \$72. (no class on Monday, May 25.)
- Tuesday/Thursday mornings from 9 a.m. – 10:30 a.m. This session: \$80.
- Friday mornings offered from 9 a.m. – 10:30 a.m. This session: \$40.

### Monday/Wednesday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 3:30 p.m. – 6:30 p.m.
- Levels 5-7 available at selected times only. Please check with Guest Services for specific availability.
- This 5-week session: \$72.
- No class on Monday, May 25.

### Tuesday/Thursday evenings

- Preschool swim lessons and swim lesson levels 1-7 offered in 30-minute blocks from 4 p.m. – 7:30 p.m.
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Join us for some “grown-up” swim lessons during a time designated just for teens and adults.

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- Adult: Thursdays: 8:15 p.m. – 8:45 p.m. This 5-week session: \$80.

### Homeschool Program

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

- Classes are from 1 – 2:30 p.m., Tuesdays and Thursdays.
- Fees are \$70/guest (Tuesdays once a week for 5-week session), \$56/guest (Thursdays once a week for 4-week session) or \$140/guest (twice a week for 4-week session).

### Pre-competitive lessons

- Available Tuesdays/Thursdays from 5:45 p.m. – 6:30 p.m.
- This 5-week session: \$115.

### Beginning springboard diving lessons

- Available Tuesdays/Thursdays from 6:30 p.m. – 7:15 p.m.
- This 5-week session: \$81.25/Tuesdays or Thursdays once a week or \$162.50/Tuesdays & Thursdays

### Intermediate springboard diving lessons

- Available Tuesdays/Thursdays from 7:30 p.m. – 8:30 p.m.
- This 5-week session: \$81.25/Tuesdays or Thursdays once a week or \$162.50/Tuesdays & Thursdays

## Please note

- Classes may be moved/combined based on class sizes and instructor availability.
- All participants will receive a certificate to help track level progress. Please inquire at the Welcome Desk.
- No refunds will be issued after a session has started.
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## Swim lesson skills/advancement goals

### 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

### 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

### Pre-Competitive Swim Lessons

#### Graduates of Level 5

- 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

### Beginning Diving

We help guide and develop children's confidence and ability to try new skills in a safe and rewarding environment. This course is an entertaining start to a young person's first sessions in the sport. We cover many aspects of diving, including balance, body control and aerial awareness. Lessons are a combination of flexibility training, diving, strength and fitness, plus teaching of discipline and sportsmanship. Our main focus is fun.

### Intermediate Diving

This group is for intermediate divers who have completed all skill levels of the Beginning Diving program. Classes are designed to introduce more dives and skills to those divers who seek to compete and/or advance skill levels. Instructor approval required prior to registration.

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

**Advancement goals are noted in bold.**



### Questions?

Contact us at 360.568.8030

or visit us online at [www.snomishaquatic.com](http://www.snomishaquatic.com)

Revised 1/28/2020