

Summer swim lessons at the Snohomish Aquatic Center



Why choose swim lessons at the Snohomish Aquatic Center? Our program:

- Is FUN!
- Serves all guests at any level—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.

We offer:

- Daily morning lessons
- Twice weekly evening lessons
- Saturday morning lessons
- Parent/tot lessons
- Dive lessons

General registration for all summer swim lessons will begin on Monday, May 24.

To learn more about and register for summer swim lesson programs at the Snohomish Aquatic Center, stop by our facility or visit us online at www.snohomishaquatic.com

SNOHOMISH
AQUATIC
CENTER

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

Summer Swim Lesson Schedule

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Daily morning lessons

25-minute lessons offered Mondays – Fridays at 9:30 a.m., 10 a.m., 10:30 a.m., 11 a.m., 11:30 a.m. and noon

- Sessions start every Monday and cost \$72.50/week. The last session ends on September 3.

Saturday morning lessons

25-minute lessons offered Saturdays at 9 a.m., 9:30 a.m., 10 a.m., 10:30 a.m., 11 a.m., 11:30 a.m., and noon

- Session 1: June 26 – July 31 (6-week session cost is \$87)
- Session 2: August 7 – September 4 (5-week session cost is \$72.50)

Twice weekly evening lessons

25-minute lessons offered Mondays/Wednesdays at 3:30 p.m., 4 p.m., 4:30 p.m., 5 p.m., 5:30 p.m., 6 p.m., and 6:30 p.m. or Tuesdays/Thursdays at 3:30 p.m., 4 p.m., 4:30 p.m., 5 p.m., 5:30 p.m., 6 p.m., 6:30 p.m., 7 p.m., and 7:30 p.m.

5-week, 10-lesson cost: \$145

6-week, 12-lesson cost: \$174

- Session 1: June 22 – July 29
- Session 2: August 2 – September 2

Parent/Tot 1 and 2 lessons

25-minute lessons offered once a week

5-week, 5-lesson cost: \$40

6-week, 6-lesson cost: \$48

Mondays and Wednesday at 11:30 a.m., noon and 6:30 p.m.

- Session 1: June 21 – July 28
- Session 2: August 2 – September 2

Tuesdays and Thursdays at 4:30 p.m.

- Session 1: June 22 – July 29
- Session 2: August 3 – September 3

Diving

- Session 1: June 22 – July 29 (6-week session cost is \$135)
- Session 2: August 2 – September 2 (5-week session cost is \$112.50)

Beginning Diving

- Tuesdays or Thursdays at 6:30 p.m.

Intermediate Diving

- Tuesdays or Thursdays at 7:30 p.m.

PLEASE NOTE

- Classes may be moved/combined based on class sizes and instructor availability.
- 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.

REGISTRATION

General registration for all summer swim lessons will begin on Monday, May 24. Register in person at the Snohomish Aquatic Center Welcome Desk, or register online at www.snohomishaquatic.com.

COVID-19 HEALTH AND SAFETY GUIDELINES

- * Class capacity may be altered from published student: teacher ratios. Most classes will be offered at 3:1 ratio.
- * Masks are required at all times, unless actively swimming.

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
- Listening and ability to pay attention in a classroom environment.
- Float with assistance on front and back

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
- Pay attention in a classroom environment
- Float with assistance on front and back

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
- Roll over and call for help
- Introduction to torpedoes

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
- Rollover and call for help
- Kicking on the wall
- Jump in and float

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

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

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.

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Questions?

Contact us at 360.568.8030

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