

SWIM LESSONS

Note: Appropriate water safety skills are taught in each swimming level by certified American Red Cross Water Safety Instructors.

Infant & Toddler Lessons

Ages 6 months – 3 years

Parent-n-Tot (Starfish)

Water orientation for children 6 months to 3 years old with parents in the water. Parents assist their child in basic swimming and safety skills. Non-toilet trained children must wear swim diapers (which are available for purchase at the front desk).

Preschool Lessons

Ages 3 – 5 years

Pre-Beginners (Salamanders)

Starting point for children ages 3 - 5. Adjust to the water and become comfortable putting face in the water.

Pre-Level 1 (Turtles)

For children who have completed pre-beginner and/or are comfortable putting their face under water. This class will help your child be comfortable swimming on their back and stomach for five feet independently, and rolling over from one side to the other side.

Pre-Level 2 (Hippos)

For children who have completed pre-level 1 and/or are able to swim on back and stomach independently. Progress to move through water with armstrokes and kicking in preparation for side breathing.

**Once children pass pre-level 2 they progress to Level 2, regardless of their age.*

Youth Lessons

Ages 6+

Note: Deep water swim lesson requirements are only taught at Marshall Pool.

Level 1 (Walrus)

Starting point for children 6+. Learn to become comfortable in the water and progress to swimming on front and back for 7-10 feet and rolling over independently.

Level 2 (Frogs)

For children who have completed level 1 and/or are able to swim comfortably on front and back without instructor assistance. Progress to swimming front crawl for 10 yards and back fin for 25 yards independently.



Level 3 (Manatees)

For children who have completed level 2 and/or are able to swim front crawl 10 yards and back fin 25 yards independently. Progress to swimming 25 yards front crawl with side breathing and 25 yards back crawl without instructor assistance.

Level 4 (Whales)

For children who have completed level 3 and/or are able to swim 25 yards of front crawl with side breathing and 25 yards of back crawl. Students will refine front crawl and back crawl skills and learn elementary backstroke.

Level 5 (Flying Fish)

For children who have passed level 4 and/or are able to swim 25 yards of front crawl, back crawl, and elementary backstroke. Progress to swim a distance of 50 yards front crawl, back crawl and elementary backstroke and learn to swim breaststroke and sidestroke 25 yards each.

Level 6 (Gators)

For children who have passed level 5 and/or are able to swim 50 yards front crawl, back crawl, and elementary backstroke and 25 yards breaststroke and sidestroke. Students will progress to swimming front crawl and back crawl for 100 yards. In addition, students will practice the breaststroke and sidestroke up to 50 yards. They will also learn conditioning skills and complete a 500 yard swim and 5 minutes of treading water.

Adult Lessons

Adult Beginning Swimming

This class teaches basic swimming and safety skills for the adult beginner.

Adult Stroke Improvement

If you need to increase the efficiency of your swim stroke, this class is for you!

International Lifeguard Training Program

This course includes lifeguarding skills, CPR, and First Aid for lifeguard certification. Must be 15 years or older. Includes textbook on first day of class, and 28-32 hours of instruction. This certification is mandatory for employment with Vancouver-Clark Parks and Recreation Aquatics Services. This class will be conducted at Marshall Pool.

Registrations will NOT be accepted after the posted date. Participants must attend all course sessions to successfully pass the course.

Su/M 5-9pm on M, 9am-9pm on Su

\$212 for certification \$106 for renewal
87220 2/19, 2/20, 2/26 and 2/27 (last day to register: 2/12)

American Red Cross Water Safety Instructor Course

The WSI course teaches you how to be an effective American Red Cross Swimming Instructor. You must be age 16+ and pass the water skills test on the first night of class. Test includes 25 yards of front crawl, backstroke, elementary backstroke, breaststroke, sidestroke, and 15 yards of butterfly. Includes textbooks and 30 hours of instruction. Participants must attend all course sessions to successfully pass course. Marshall Community Center Pool.

87093 2/21-3/22 T/Th
3-6pm Cost: \$212



Marshall Community Center Pool

1009 E. McLoughlin Blvd

Vancouver, WA 98663

Average Pool Temp: 84-86 degrees

Winter 2012 Swim Lessons: January - April

| Tues - Thurs Mornings | January 10 - February 2 | | February 7 - March 1 | | March 6 - March 29 | | April 10 - May 3 | |
|-----------------------|-------------------------|-------|----------------------|-------|--------------------|-------|------------------|-------|
| | 10:00 | 10:30 | 10:00 | 10:30 | 10:00 | 10:30 | 10:00 | 10:30 |
| Swim Levels | | | | | | | | |
| Pre-Beginner | 87230 | | 87231 | | 87232 | | 87233 | |
| Pre-Level 1 | 87256 | 87257 | 87258 | 87259 | 87260 | 87261 | 87262 | 87263 |
| Pre-Level 2 | | 87288 | | 87289 | | 87290 | | 87291 |

| Mon - Wed Evenings | January 9 - February 1 No lessons on 1/16/12 7 lessons | | | | February 6 - February 29 No lessons on 2/20/12 7 lessons | | | | March 5 - March 28 | | | | April 9 - May 2 | | | |
|--------------------------|--|-------|-------|-------|--|-------|-------|-------|--------------------|-------|-------|-------|-----------------|-------|-------|-------|
| | 5:15 | 5:50 | 6:25 | 7:00 | 5:15 | 5:50 | 6:25 | 7:00 | 5:15 | 5:50 | 6:25 | 7:00 | 5:15 | 5:50 | 6:25 | 7:00 |
| Swim Levels | | | | | | | | | | | | | | | | |
| Parent-n-Tot | | 87222 | | | | 87223 | | | | 87224 | | | | 87225 | | |
| Pre-Beginner | 87234 | 87235 | 87236 | | 87237 | 87238 | 87239 | | 87240 | 87241 | 87242 | | 87243 | 87244 | 87245 | |
| Pre-Level 1 | 87264 | 87265 | 87266 | 87267 | 87268 | 87269 | 87270 | 87271 | 87272 | 87273 | 87274 | 87275 | 87276 | 87277 | 87278 | 87279 |
| Pre-Level 2 | 87292 | | 87293 | | 87294 | | 87295 | | 87296 | | 87297 | | 87298 | | 87299 | |
| Level 1 | 87306 | 87307 | 87308 | 87309 | 87310 | 87311 | 87312 | 87313 | 87314 | 87315 | 87316 | 87317 | 87318 | 87319 | 87320 | 87321 |
| Level 2 | 87332 | 87333 | 87334 | 87335 | 87336 | 87337 | 87338 | 87339 | 87340 | 87341 | 87342 | 87343 | 87344 | 87345 | 87346 | 87347 |
| Level 3 | | | 87358 | 87359 | | | 87360 | 87361 | | | 87362 | 87363 | | | 87364 | 87365 |
| Level 4 | | | 87374 | 87375 | | | 87376 | 87377 | | | 87378 | 87379 | | | 87380 | 87381 |
| Level 5 | | 87388 | | | | 87389 | | | | 87390 | | | | 87391 | | |
| Level 6 | | 87394 | | | | 87395 | | | | 87396 | | | | 87397 | | |
| Adult Beginning | | | | 87400 | | | | 87401 | | | | 87402 | | | | 87403 |
| Adult Stroke Improvement | | | | 87404 | | | | 87405 | | | | 87406 | | | | 87407 |

| Saturday Mornings | January 7 - March 3 No Lessons on 1/28/12 Session is still 8 lessons | | | | | March 10 - April 28 | | | | |
|-------------------|--|-------|-------|-------|-------|---------------------|-------|-------|-------|-------|
| | 9:00 | 9:35 | 10:10 | 10:45 | 11:20 | 9:00 | 9:35 | 10:10 | 10:45 | 11:20 |
| Swim Levels | | | | | | | | | | |
| Parent-n-Tot | | | 87226 | 87227 | | | | 87228 | 87229 | |
| Pre-Beginner | 87246 | 87247 | 87248 | 87249 | 87250 | 87251 | 87252 | 87253 | 87254 | 87255 |
| Pre-Level 1 | 87280 | 87281 | | 87282 | 87283 | 87284 | 87285 | | 87286 | 87287 |
| Pre-Level 2 | 87300 | 87301 | | 87302 | | 87303 | 87304 | | 87305 | |
| Level 1 | 87322 | 87323 | 87324 | 87325 | 87326 | 87327 | 87328 | 87329 | 87330 | 87331 |
| Level 2 | 87348 | 87349 | 87350 | 87351 | 87352 | 87353 | 87354 | 87355 | 87356 | 87357 |
| Level 3 | 87366 | 87367 | | 87368 | 87369 | 87370 | 87371 | | 87372 | 87373 |
| Level 4 | 87382 | 87383 | 87384 | | | 87385 | 87386 | 87387 | | |
| Level 5 | | | 87392 | | | | | 87393 | | |
| Level 6 | | | 87398 | | | | | 87399 | | |

Session of 8 lessons for \$63.00
 Session of 7 lessons for \$55.00
 Lesson Length: 30 minutes

Please Note: Due to ongoing scheduling with our clients, no make-up classes can be offered.

PLEASE review our 5 day cancellation policy on the last page of this book.



Firstenburg Community Center
 700 NE 136th Avenue
 Vancouver, WA 98684
 Average Pool Temp: 86-87 degrees

Firstenburg Community Center Pool
Winter 2012 Swim Lessons: January - April

| Mon - Wed Mornings | January 9 - February 1 No lessons on 1/16/12 7 lessons | | February 6 - February 29 No lessons on 2/20/12 7 lessons | | March 5 - March 28 | | April 9 - May 2 | |
|--------------------|--|-------|--|-------|--------------------|-------|-----------------|-------|
| | Swim Levels | 9:30 | 10:05 | 9:30 | 10:05 | 9:30 | 10:05 | 9:30 |
| Pre-Beginner | 87464 | | 87465 | | 87467 | | 87470 | |
| Pre-Level 1 | 87496 | 87497 | 87498 | 87499 | 87500 | 87501 | 87502 | 87503 |
| Pre-Level 2 | | 87536 | | 87537 | | 87538 | | 87539 |

| Tues-Thurs Evenings | January 10 - February 2 | | | | February 7 - March 1 | | | | March 6 - March 29 | | | | April 10 - May 3 | | | |
|--------------------------|-------------------------|-------|-------|-------|----------------------|-------|-------|-------|--------------------|-------|-------|-------|------------------|-------|-------|-------|
| | Swim Levels | 4:30 | 5:05 | 5:40 | 6:15 | 4:30 | 5:05 | 5:40 | 6:15 | 4:30 | 5:05 | 5:40 | 6:15 | 4:30 | 5:05 | 5:40 |
| Parent-n-Tot | 87408 | 87421 | | | 87454 | 87455 | | | 87456 | 87457 | | | 87458 | 87459 | | |
| Pre-Beginner | 87473 | 87475 | 87478 | | 87479 | 87480 | 87481 | | 87482 | 87483 | 87484 | | 87485 | 87486 | 87487 | |
| Pre-Level 1 | 87504 | 87505 | 87506 | 87507 | 87508 | 87509 | 87510 | 87511 | 87512 | 87513 | 87514 | 87515 | 87516 | 87517 | 87518 | 87527 |
| Pre-Level 2 | 87540 | | 87541 | | 87542 | | 87543 | | 87544 | | 87545 | | 87546 | | 87547 | |
| Level 1 | 87554 | 87555 | 87556 | 87557 | 87558 | 87559 | 87560 | 87561 | 87562 | 87563 | 87564 | 87565 | 87566 | 87567 | 87568 | 87569 |
| Level 2 | 87586 | 87587 | 87588 | 87589 | 87590 | 87591 | 87592 | 87593 | 87594 | 87595 | 87596 | 87597 | 87598 | 87599 | 87600 | 87601 |
| Level 3 | 87611 | 87612 | | 87613 | 87614 | 87615 | | 87616 | 87617 | 87618 | | 87619 | 87620 | 87621 | | 87622 |
| Level 4 | | 87630 | | 87631 | | 87632 | | 87633 | | 87634 | | 87635 | | 87636 | | 87637 |
| Level 5 | | | 87642 | | | | 87643 | | | | 87644 | | | | 87645 | |
| Level 6 | | | 87648 | | | | 87649 | | | | 87650 | | | | 87651 | |
| Adult Beginning | | | | 87654 | | | | 87655 | | | | 87656 | | | | 87657 |
| Adult Stroke Improvement | | | | 87658 | | | | 87659 | | | | 87660 | | | | 87661 |

| Sunday Afternoons | January 8 - February 26 | | | | March 4 - April 22 | | | |
|-------------------|-------------------------|-------|-------|-------|--------------------|-------|-------|-------|
| | Swim Levels | 3:30 | 4:05 | 4:40 | 5:15 | 3:30 | 4:05 | 4:40 |
| Parent-n-Tot | 87460 | 87461 | | | 87462 | 87463 | | |
| Pre-Beginner | 87488 | 87489 | 87490 | 87491 | 87492 | 87493 | 87494 | 87495 |
| Pre-Level 1 | 87528 | 87529 | 87530 | 87531 | 87532 | 87533 | 87534 | 87535 |
| Pre-Level 2 | 87548 | | 87549 | 87550 | 87551 | | 87552 | 87553 |
| Level 1 | 87570 | 87571 | 87572 | 87573 | 87574 | 87575 | 87576 | 87577 |
| Level 2 | 87602 | 87603 | 87604 | 87605 | 87606 | 87607 | 87608 | 87609 |
| Level 3 | 87623 | 87624 | | 87625 | 87626 | 87627 | | 87628 |
| Level 4 | | 87638 | | 87639 | | 87640 | | 87641 |
| Level 5 | | | 87646 | | | | 87647 | |
| Level 6 | | | 87652 | | | | 87653 | |

Session of 7 lessons for \$55.00
Session of 8 lessons for \$63.00
Lesson Length: 30 minutes

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