

Swim Lesson Schedule— September/October 2023

Registration begins at 7 a.m. on September 6

Firstenburg Pool		700 NE 136th Ave. 360-487-7001						
Average Pool Temperature: 86-87° F		(7 lessons per session, 30 min each)						
Mondays, Sept. 18—Oct. 23				Wednesdays, Sept. 20—Oct. 25				
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				27250				
Pre-Level 1			27251				27344	
Pre-Level 2		27252				27349		
Pre-Level 3	27253				27355			
Private Lesson								27316

Tuesdays, Sept. 19—Oct. 24		Thursdays, Sept. 21—Oct. 26						
Levels	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		27342					27343	
Pre-Level 1	27345			27346	27347		27348	
Pre-Level 2		27350	27351		27352	27353	27354	
Pre-Level 3		27356	27357		27358			27359
Level 1	27246		27337	27338	27339	27340		27341
Level 2	27247			27360		27361		27362
Level 3		27248	27363			27364		
Level 4				27245				
Level 5								
Level 6								
Adult Beginner								27336
Adult Stroke Imp.								
Private Lesson	27334						27335	

No September/October Swim Lessons at Marshall due to pool maintenance closure

Group Session Fees: 6 lessons \$61/\$69

Private Lesson Fees: 6 lessons \$216/\$247

Ages for Swim Lesson Levels

- Parent-n-Tot: 6 months - 3 years old
- Pre-Level Classes: 3-5 years old
- Level Classes: 6+ years old
- Adult Classes: 13+ years old

YOUTH SWIM LESSONS:

Parent-n-Tot

Includes water orientation for a child 6 months to 3 years old with a parent. You'll assist your child in basic swimming and safety skills. Non toilet-trained children must wear an elasticized diaper. Students move to Pre-Level 1 at age 3.

Pre-Level 1

The starting point for ages 3-5. Students will adjust to the water and become comfortable putting their faces in. Students pass to Pre-Level 2.

Pre-Level 2

For children who have completed Pre-Level 1 or are comfortable putting their face under water. Students will progress to swimming on their back and stomach independently and rolling over from side to side. Students pass to Pre-Level 3.

Pre-Level 3

For children who have completed Pre-Level 2 or are able to swim on their back and stomach independently. Students will progress to moving through the water with arm-strokes and kicking in preparation for side-breathing. Students pass to Level 3 regardless of age; registration for Level 3 must be completed in-person or by phone to override the age requirement.

Level 1

The starting point for ages 6 and older. Students will get comfortable in the water and progress to rolling over and swimming on their front and back independently. Students pass to Level 2.

Level 2

For children who have completed Level 1 or are able to swim comfortably on their front and back without instructor assistance. Students will progress to using combined arm and leg action independently with their face in the water. Students pass to Level 3.

Level 3

For children who have completed Level 2 or are able to swim the front crawl and back glide strokes independently. Students will progress to swimming 25 yards of front crawl with side breathing and 25 yards of elementary backstroke without instructor assistance. Students pass to Level 4.

Level 4

For children who have completed Level 3 or are able to swim 25 yards of front crawl with side breathing and 25 yards of elementary backstroke. Students will refine front crawl and elementary backstroke skills and learn breaststroke. Students pass to Level 5.

Level 5

For children who have passed Level 4 or are able to swim 25 yards of front crawl and elementary backstroke. Students will progress to swimming 50 yards of front crawl and elementary backstroke, and 25 yards of backstroke and breaststroke. Students pass to Level 6.

Level 6

For children who have passed Level 5 or are able to swim 50 yards front crawl and elementary backstroke, and 25 yards breaststroke and backstroke. Students will refine all 6 strokes, learn conditioning skills, complete a 500 yard swim and 5 minutes of treading water. Students can repeat Level 6 for continued skill enhancement and endurance.

ADULT SWIM LESSONS:

Adult Beginner

Teaches basic swimming and safety skills for the adult beginner. Pass to Adult Intermediate.

Adult Intermediate

Continued water orientation. Begin swimming longer distances with and introduction to the breaststroke and endurance work. Pass to Adult Stroke Improvement.

Adult Stroke Improvement

Increase stroke efficiency. Work on long distance swimming, stroke refinement and endurance.

Private Lessons:

Private lessons provide 1-on-1 instruction. Lessons are tailored to fit the student's goals.



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