

FIRSTENBURG POOL SCHEDULE: Sept 18 - Oct 15, 2023

Information: 360-487-7009 | Average Pool Temperature: 85-86°F | Spa: 99-101°F

Visit cityofvancouver.us/schedules for holiday hours and inclement weather details. / THIS SCHEDULE IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-11:45am 1-2pm 4-5pm Individual Exercise Lap Swim	8am-1pm Individual Exercise Lap Swim	8am-12pm 4-5pm Individual Exercise Lap Swim	8-12pm Individual Exercise Lap Swim	8-12pm Individual Exercise Lap Swim	9-10am Individual Exercise Lap Swim Member Only Swim
9-9:50am Power Party Andrea	8:00-9:00am Leveling Up! Melissa	9-9:50am Power Party Andrea	8:00-9:00am Leveling Up! Melissa	9-9:50am Power Party Andrea	10:15-11:15am Public Swim entry swim bands available 30 min. prior
9:30-11:45am Swim Lessons registration required	9:15-10:15am Gentle Moves Melissa	9:30-11:45am Swim Lessons registration required	9:15-10:15am Gentle Moves Melissa	12-4pm Pool & Spa Closed	11:45-12:45pm Public Swim entry swim bands available 30 min. prior
	10:30-11:30am Aqua Play		10:30-11:30am Aqua Play		1-2pm Public Swim entry swim bands available 30 min. prior
12-1pm Family/ Homeschool Swim entry swim bands available 30 min. prior	1-4pm Pool & Spa Closed	12-4pm Pool & Spa Closed	12-4pm Pool & Spa Closed		2:30-3:30pm Public Swim entry swim bands available 30 min. prior
2-4pm Pool & Spa Closed	4-6:15pm Swim Lessons registration required		4-6:15pm Swim Lessons registration required		4:15-5:15pm Public Swim entry swim bands
5:15-6:15pm Member Only Swim entry swim bands available 30 min. prior		5:15-6:15pm Public Swim entry swim bands available 30 min. prior	5:30-6:30pm Public Swim entry swim bands available 30 min. prior		For pool related questions please email taylor.cochran@ cityofvancouver.us
6:30-7:30pm Public Swim entry swim bands available 30 min. prior	6:30-7:30pm Public Swim entry swim bands available 30 min. prior	6:30-7:30pm Member Only Swim entry swim bands available 30 min. prior	6:30-7:30pm Public Swim entry swim bands available 30 min. prior		

SWIM & CLASS DESCRIPTIONS

Participants must be 13 years of age or older to attend aquatic fitness classes. Equipment is provided for all classes.

Aqua Play

Parents, bring your children 6 and under for non-instructed water play time! The slide and water feature may not be turned on due to other programming in the pool. Children must be accompanied in the water by a parent or guardian and in arm's reach at all times.

Family & Home School Swim

Families or children 16 and older. Children 15 and under must be accompanied in the water by a parent or guardian. Children ages 6 and under must be accompanied in the water by a parent or guardian and in arm's reach at all times.

Gentle Moves

Need a class that's gentle on your body yet challenging for your mind? This class is designed for students who prefer low intensity cardio paired with flexibility and balance work. Equipment use is limited. Bouncing/jumping moves are discouraged. Concentration is required!

Individual Exercise

Exercising on your own in areas not being used by classes. Water walking and Individual Exercise is available in lap swimming areas based on current programming. Please refer to signs posted near lap lanes. Must be 13 years or older.

Lap Swim

For all skills and abilities who wish to swim laps to improve or maintain fitness and health. Must be 13 years or older.

Leveling Up!

Level up you fun with this aqua combo class! A variety of methods may be used including interval training, wall work, strength training, kickboxing moves and river challenges as space allows.

Members Only Swim

For Firstenburg members only. Children **under the age of 7** must be accompanied in the water by a parent or guardian and within arm's reach at all times. The slide maybe turned off at designated times during the swim. You may check in at the front desk 30 min prior to the start of the swim to receive an entry swim band once scanned in.

Power Party

This class uses a mixture of moves including cardio, strength, flexibility and balance. If you are looking for a full body workout, this is the class for you!

Public Swim

The entire pool and slide area are open/available for use. Children **under the age of 7** must be accompanied in the water by a parent or guardian and within arm's reach at all times. The slide may be turned off at designated times during the swim. You may check in at the front desk to purchase (free for members) an entry swim band 30 min prior to the start of the swim. Please note we have limited bands available.

Swim Lessons: During swim lessons, the pool is closed to public swimming. To register for swim lessons, visit www.cityofvancouver.us/SwimLessons, or stop by the front desk. The hot tub for those 16 and older is available for use.

Water Features

Water features such as the slide, river, sprays or jets can be turned off at any time at the discretion of the lifeguards.

Children age 6 and under (with or without a lifejacket) must be within arm's reach of an adult at all times.

Swim diapers **and** plastic pants are required for all children 3 and under and non-toilet trained patrons. Both are sold at our front counter.

Self-directed workouts may be substituted for any water exercise class if an instructor is not available.

Please ensure you keep your valuables safe by using the lockers. Bring your own lock or buy one at the front counter. We are not responsible for lost or stolen items.

At the front desk we also sell swim caps, goggles, ear plugs, ear covers, wave gloves and locks.

Children age 6 and under (with or without a lifejacket) must be within arm's reach of an adult at all times.

Entry swim bands are available 30 min. prior to public and member only swim—they go FAST!

Customers are limited to one swim a day (member & public swims).

Customers can only purchase a maximum of six swim bands.

