


MARSHALL POOL SCHEDULE: Sept 28 - Oct. 15, 2023

Average Pool Temperature: 84-86°F

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim: 7am-2:30pm 4-7:30pm	Lap Swim: 7-11am 12-1pm	Lap Swim: 7-1pm 4-7:30pm	Lap Swim: 7-11am 12-1pm	Lap Swim: 7-11am 1-3:45pm 5:15-6:30pm	Lap Swim: 8-11:30am
7:20-8:10am Deep Water Challenge	7:20-8:10am Deeply Fit	7:20-8:10am Mixed Movement Deep	7:30-11:45am Therapy	7:20-8:10am Mixed Movement Deep	8-11:30am Individual Exercise Deep Water
8:20-9:10am Shallow/Strength & Stretch (2 Lap Swim Lanes Only)	8:30-9:20am Great Expectations (2 Lap Swim Lanes Only)	8:20-9:10am Mixed Movement Shallow (2 Lap Swim Lanes Only)		8:20-9:10am Mixed Movement Shallow (2 Lap Swim Lanes Only)	
1:30-2:30pm ATR (shared w/lap swim)	11am-12pm Clark College (2 lap lanes reserved)	1-4pm Pool Closed	11am-12pm Clark College (2 lap lanes reserved)	11am-1pm Pool Closed	11:45am-12:45pm Public Swim
2:30-4pm Pool Closed	9:30-1pm Shallow Water Individual Exercise		9:30-1pm Shallow Water Individual Exercise		1-2pm BAUMAN FAMILY SWIM Sponsored by Bauman Chiropractic
	1-4pm Pool Closed		1-4pm Pool Closed		
4-6:30pm Deep Water Individual Exercise	4:15-6:15pm VSC closed to the public	4-6:30pm Deep Water Individual Exercise	4:15-6:15pm VSC closed to the public	1:30-2:30pm ATR (shared w/lap swim)	
6:30-7:30pm Deep Water Challenge Kristen	6:30-7:30pm Public Swim	6:30-7:30pm Deep Water Challenge Kristen	6:30-7:30pm Public Swim	5:15-6:30pm Deep Water Individual Exercise	

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

Lap Lanes fill up FAST, please share if there are no open lanes.

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.

SWIM & CLASS DESCRIPTIONS

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

Access to Recreation (ATR) Class

Registration-based class for people with disabilities. Participants practice shallow water movement, stretching, aerobics, and water play to encourage full range of motion, coordination, and socialization. This class will use adaptive equipment under the guidance of experienced staff all while Lifeguards are on duty. (Start Date Oct. 3, 2022)

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.

Deeply Fit

Take the plunge. Deep-water traveling and movements challenge your body, your core muscles and your stamina. Leave feeling stronger, taller and more flexible!

Deep Water Challenge

Brain and body challenge. Full body workout while improving motor control, core, balance, strength and endurance. Walk out of the pool feeling taller and stronger.

Great Expectations

Moderate intensity allows you to adjust your fitness level. Class combines strength and aerobics activity that you can work at your own pace. Expect great results!

Individual Exercise

Exercising on your own in areas not being used by classes. 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. Lanes maybe limited due to other programs or classes scheduled at the same time.

Mixed Movement (Deep & Shallow)

A combination of movement, including strength, kickboxing, Pilates and stretching.

Member Only Swim

For Marshall 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. Any lap lanes provided are circle swim only.

Public Swim

The entire pool and slide are available for play time, slide maybe turned off at any time at the lifeguard discretion. Children age 6 and under must be accompanied in the water by a parent or guardian and in arms reach at all times. **The slide will be closed at designated times during Public Swims.** Any lap lanes provided are circle swim only.

Shallow/Strength and Stretch

Class combines Pilates, Yoga and Tai Chi to strength, stretch and calm your nervous system. You will feel grounded, centered and inspired to move.

VSC (Vancouver Swim Club): The entire pool is closed to the public.

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.

Swim Lessons: During swim lessons, the pool is closed to public swimming. To register for swim lessons, call 360-487-7100, visit [www.cityofvancouver.us/Swim Lessons](http://www.cityofvancouver.us/Swim%20Lessons), or stop by the front desk.

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.

