

# FIRSTENBURG POOL SCHEDULE: Nov 13 - Dec 30, 2023

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

Visit [cityofvancouver.us/schedules](http://cityofvancouver.us/schedules) for holiday hours and inclement weather details. / THIS SCHEDULE IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-12pm 4-5pm Individual Exercise Lap Swim	<b>8am-4pm Pool &amp; Spa Closed</b>	8am-12pm 4-5pm Individual Exercise Lap Swim	<b>8-4pm Pool &amp; Spa Closed</b>	8-12pm Individual Exercise Lap Swim	<b>8-11:45am Pool &amp; Spa Closed</b>
8:05-8:55am Aqua Synergy Melissa		8:05-8:55am Aqua Synergy Melissa		8:05-8:55 Aqua Synergy Melissa	
9-9:50am Pool Party Andrea		9-9:50am Pool Party Andrea		9-9:50am Pool Party Andrea	
9:30-11:45am Swim Lessons registration required		9:30-11:45am Swim Lessons registration required		10:05-11am Power Plus PiYo Melissa	*11:45-12:45pm Public Swim entry swim bands available 30 min. prior
<b>12-4pm Pool &amp; Spa Closed</b>		<b>12-4pm Pool &amp; Spa Closed</b>		<b>12-4pm Pool &amp; Spa Closed</b>	11-12 Aqua Play
4:05-5pm Fit and Fabulous Jeannie	4-6:15pm Swim Lessons registration required	4:05-5pm Fit and Fabulous Jeannie	4-6:15pm Swim Lessons registration required	*4:15-5:15pm Public Swim entry swim bands available 30 min. prior	2:30-3:30pm Public Swim entry swim bands available 30 min. prior
5:15-6:15pm Public 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	3:45-4:45pm 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 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 Public Swim entry swim bands available 30 min. prior		For pool related questions please email  taylor.cochran@ cityofvancouver.us

# 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.

## **Aqua Synergy**

Designed for students who prefer moderate intensity cardio. This class combines aerobic moves, moderate strength training with aquatic fitness equipment, flexibility and balance work to improve overall fitness.

## **Fit and Fabulous**

Using cardio and core workout routines to create a fit and fabulous you. Moderate intensity.

## **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.

## **Pool 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!

## **Power Plus PiYo**

Intermediate to advanced full body workout. Fast paced power class based on high intensity cardio and resistance workout. Class finished with Pilates and Yoga to increase flexibility, balance and calm mind.

## **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](http://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.

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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.

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.**

**\*YOP optional swims**

