

Swim Lesson Schedule— January/February 2024

Registration begins at 7 a.m. on December 27

Firstenburg Pool 700 NE 136th Ave. | 360-487-7001
Average Pool Temperature: 86-87° F (5-6 lessons per session, 30 min each)

	Mondays, Jan. 8—Feb. 12*				Wednesdays, Jan. 10—Feb. 14			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot			27653		27902			27903
Pre-Level 1			27654	27906	27907		27908	
Pre-Level 2		27655		27913				
Pre-Level 3		27656				27898		
Level 1	27650						27918	
Level 2						27924		
Private Lesson	27648							27931

Marshall Pool 1009 E. McLoughlin Blvd. | 360-487-7100
Average Pool Temperature: 84-86° F (5-6 lessons per session, 30 min each)

	Tuesdays, Jan. 9—Feb. 13				Thursdays, Jan. 11—Feb. 15			
Levels	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot	27665				27937			
Pre-Level 1		27666				27940		
Pre-Level 2			27667				27943	
Pre-Level 3				27668				
Level 1								
Level 2								
Private Lesson								27657

Tuesdays, Jan. 9—Feb. 13

Thursdays, Jan. 11—Feb. 15

Levels	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		27904		
Pre-Level 1	27909		27956	27910
Pre-Level 2	27914			27915
Pre-Level 3		27899		27900
Level 1	27919	27920		
Level 2	27925		27926	
Level 3			27652	
Level 4				
Level 5				
Level 6				
Adult Beginner				27649
Adult Stroke Imp.				
Private Lesson		27932	27935	

Levels	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			27905	
Pre-Level 1	27911		27912	
Pre-Level 2	27916	27957	27917	
Pre-Level 3				27901
Level 1	27921	27922		27923
Level 2		27927		27928
Level 3		27929		27930
Level 4				
Level 5				
Level 6				
Adult Beginner				27934
Adult Stroke Imp.				
Private Lesson	27933			

Mondays, Jan. 8—Feb. 12*

Wednesdays, Jan. 10—Feb. 14

Levels	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot				27938
Pre-Level 1	27941			
Pre-Level 2		27944		
Pre-Level 3	27946			
Level 1		27659	27948	
Level 2		27660		
Level 3				27661
Level 4				27662
Level 5			27663	
Level 6			27664	
Adult Beginner				
Adult Stroke Imp.				
Private Lesson	27936			

Levels	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot				27939
Pre-Level 1				27942
Pre-Level 2				27945
Pre-Level 3				27947
Level 1	27949	27950		
Level 2		27951		27952
Level 3				27953
Level 4				27954
Level 5				27955
Level 6				
Adult Beginner				
Adult Stroke Imp.				
Private Lesson				27658

* No lessons on 1/15

Group Session Fees: 5 lessons \$55/\$63, 6 lessons \$66/\$75

Private Lesson Fees: 5 lessons \$196/\$225, 6 lessons \$235/\$269

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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