



**Firstenberg
Community Center**

Firstenberg Pool Schedule

Jan. 4 – Mar. 30, 2024

Average Temperatures: Pool 85-86°F | Spa 99-101°F

Revised 2/27/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/ Individual Exercise 8 a.m. – 12 p.m. 4 – 5 p.m.	Lap Swim/ Individual Exercise 8 a.m. – 12 p.m.	Lap Swim/ Individual Exercise 8 a.m. – 12 p.m. 4 – 5 p.m.	Lap Swim/ Individual Exercise 8 a.m. – 12 p.m.	Lap Swim/ Individual Exercise 8 – 11 a.m.	
8:05 – 8:55 a.m. Leveling Up Melissa	8:05 – 8:55 a.m. Leveling Up Melissa	8:05 – 8:55 a.m. Aqua Fusion Pam	8:05 – 8:55 a.m. Leveling Up Melissa	8:05 – 8:55 a.m. Aqua Synergy Jeannie	9 – 10 a.m. Member Swim entry swim bands available 30 min. prior
9 – 9:50 a.m. Pool Party Andrea	9:15 – 10:15 a.m. Aqua Synergy Melissa	9 – 9:50 a.m. Pool Party Andrea	9:15 – 10:15 a.m. Aqua Synergy Melissa	9 – 9:50 a.m. Pool Party Andrea	10:15 – 11:15 a.m. Public Swim entry swim bands available 30 min. prior
9:30 – 11:45 a.m. Swim Lessons registration required	10:30 – 11:30 a.m. Aqua Play	9:30 – 11:45 a.m. Swim Lessons registration required	11 a.m. – 12 p.m. Family/Homeschool Swim entry swim bands available 30 min. prior	10:05 – 11 a.m. Power Plus PiYo Melissa	11:45 a.m. – 12:45 p.m. Public Swim entry swim bands available 30 min. prior YOP Swim Option
				10:30 – 11:30 a.m. Aqua Play	1 – 2 p.m. Public Swim entry swim bands available 30 min. prior
Noon – 4 p.m. Pool & Spa Closed	Noon – 4 p.m. Pool & Spa Closed	Noon – 4 p.m. Pool & Spa Closed	Noon – 4 p.m. Pool & Spa Closed	Noon – 4 p.m. Pool & Spa Closed	2:30 – 3:30 p.m. Public Swim entry swim bands available 30 min. prior
4:05 – 5 p.m. Fit and Fabulous Jeannie	4 – 6:15 p.m. Swim Lessons registration required	4:05 – 5 p.m. Fit and Fabulous Jeannie	4 – 6:15 p.m. Swim Lessons registration required	4:15 – 5:15 p.m. Public Swim entry swim bands available 30 min. prior YOP Swim Option	3:45 – 4:45 p.m. Public Swim entry swim bands available 30 min. prior
5:15 – 6:15 p.m. Member Swim entry swim bands available 30 min. prior		5:15 – 6:15 p.m. Public Swim entry swim bands available 30 min. prior		5:30 – 6:30 p.m. Public Swim entry swim bands available 30 min. prior YOP Swim Option	For pool related questions, contact taylor.cochran @cityofvancouver.us
6:30 – 7:30 p.m. Public Swim entry swim bands available 30 min. prior	6:30 – 7:30 p.m. Public Swim entry swim bands available 30 min. prior	6:30 – 7:30 p.m. Public Swim entry swim bands available 30 min. prior	6:30 – 7:30 p.m. Public Swim entry swim bands available 30 min. prior	One session allowed per day for member and public swims. A maximum of six swim bands can be purchased.	

Subject to change. Visit cityofvancouver.us/schedules for holiday hours and inclement weather details.

Swim Rules & Notes

- Participants must be 13 years of age or older to attend aquatic fitness classes.
- Equipment is provided for all classes.
- Children age 6 and under must be within arm's reach of an adult at all times (with or without a lifejacket).
- Swim diapers **and** plastic pants are required for all children 3 and under and non-toilet trained patrons. They are available to purchase at the front desk.
- Keep your valuables safe by using the lockers. Bring your own or buy one at the front desk. Firstenburg Community Center is not responsible for lost or stolen items.
- Self-directed workouts may be substituted for any water exercise class if an instructor is not available.
- Swim caps, goggles, ear plugs, ear covers, wave gloves and locks are available to purchase at the Firstenburg Center front desk.

Swim & Class Descriptions

Aqua Fusion

These class activities are at the instructors discretion. Include a mix of conditioning, cardiovascular, endurance, increase pulse, breathing, strength, and flexibility.

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 with students who prefer moderate intensity cardio in mind. This class is structured to be easy to follow with distinct warm up, cardio, strength, balance, and flexibility segments. Moderate intensity that is easily modified to fit individual needs.

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+.

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 your fun with this aqua combo class! A variety of methods are used including intervals, strength training, kickboxing moves, and challenging wall work. Moderate to high intensity.

Member Swim

Member Swim offers additional leisure swim opportunities for Firstenburg members of all ages. There is no cost for Firstenburg members and the pool is not open to the general public during this time. Wristbands are handed out 30-minutes before scheduled Member Swim sessions.

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

Ready for a challenge? You'll burn some serious calories in the fast-paced class. High intensity cardio, strength training, balance challenging aqua pilates and yoga are combined for a fun and well-rounded class.

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. Bands are limited to ensure a safe number of swimmers is in the pool for each session.

Spa:

The spa is available for use to ages 16+.

Swim Lessons:

During swim lessons, the pool is closed to public swimming. To register for swim lessons, visit cityofvancouver.us/SwimLessons, or stop by the front desk.

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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