

Swim Lesson Schedule— February/March 2024

Registration begins at 7 a.m. on Wednesday, Feb. 14

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

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

Levels	Mondays, Feb. 26—Mar. 25				Wednesdays, Feb. 28—Mar. 27			
	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				28065				28238
Pre-Level 1	28067							
Pre-Level 2		28069						
Pre-Level 3			28071					
Level 1						28056		
Level 2							28058	
Private Lesson					28052			

Levels	Tuesdays, Feb. 27—Mar. 26				Thursdays, Feb. 29—Mar. 28			
	9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot				28066				28264
Pre-Level 1	28068					28267		
Pre-Level 2		28070					28270	
Pre-Level 3			28072					
Level 1								
Level 2								
Private Lesson					28053			

Levels	Tuesdays, Feb. 27—Mar. 26				Thursdays, Feb. 29—Mar. 28			
	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot		28239					28240	
Pre-Level 1	28241		28242	28243	28244		28245	
Pre-Level 2	28246			28247	28248	28249	28250	
Pre-Level 3		28251		28252				28253
Level 1	38226	28228			28229	28230		28231
Level 2	28232		28233			28234		28235
Level 3			28060			28236		28237
Level 4								
Level 5								
Level 6								
Adult Beginner				28054			28217	
Adult Stroke Imp.								
Private Lesson		28212	28213		28214			

Levels	Mondays, Feb. 26—Mar. 25				Wednesdays, Feb. 28—Mar. 27			
	4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot				28265				28266
Pre-Level 1	28268				28269			
Pre-Level 2		28271			28272			
Pre-Level 3	28273					28274		
Level 1		28057	28255		28256	28257		
Level 2		28059				28258		28259
Level 3				28260			28261	
Level 4				28062			28262	
Level 5			28063				28263	
Level 6			28064					
Adult Beginner								
Adult Stroke Imp.								28055
Private Lesson	28254							

Group Session Fees: 5 lessons \$55/\$63

Private Lesson Fees: 5 lessons \$196/\$225

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

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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