



**Marshall Community Center**

# Marshall Pool Schedule

**Mar. 4 – Mar. 30, 2024**

Average Pool Temperature: 84-86°F

Revised 2/29/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 7 a.m. – 1 p.m. 6:30 – 7:30 p.m.	<b>Lap Swim</b> 7 a.m. – 12 p.m.	<b>Lap Swim</b> 7 a.m. – 12 p.m. 6:30 – 7:30 p.m.	<b>Lap Swim</b> 7 a.m. – 12 p.m.	<b>Lap Swim</b> 7 a.m. – 1 p.m.	<b>Lap Swim</b> 8 – 9:45 a.m.
7:20 – 8:10 a.m. <b>Deep Water Challenge</b> Jeannie	7:20 – 8:10 a.m. <b>Deeply Fit</b> Tish	7:20 – 8:10 a.m. <b>Aqua Conditioning</b> Deep Petrina	7:30 – 11:45 a.m. <b>Legacy Therapy Swim</b> <i>must be registered through Legacy Health</i>	7:20 – 8:10 a.m. <b>Aqua Fit</b> Deep Cathy	8 – 9:45 a.m. <b>Individual Exercise</b> Deep Water
8:20 – 9:10 a.m. <b>Shallow/Strength &amp; Stretch</b> Tish <i>2 lap swim lanes only</i>	8:30 – 9:20 a.m. <b>Great Expectations</b> Shallow Jeannie <i>2 lap swim lanes only</i>	8:20 – 9:10 a.m. <b>Aqua Conditioning</b> Shallow Petrina <i>2 lap swim lanes only</i>		8:20 – 9:10 a.m. <b>Aqua Fit</b> Shallow Cathy <i>2 lap swim lanes only</i>	
8:20 a.m. – Noon <b>Individual Exercise</b> Deep Water	9:30 – 11:45 a.m. <b>Swim Lessons</b> <i>registration required</i>	8:20 a.m. – Noon <b>Individual Exercise</b> Deep Water	9:30 – 11:45 a.m. <b>Swim Lessons</b> <i>registration required</i>	8:20 – 11 a.m. <b>Individual Exercise</b>	10 – 11 a.m. <b>Bauman Family Swim</b> <i>Sponsored by Bauman Chiropractic</i> YOP Swim Option
Noon-1:00pm <b>ATR</b> <i>registration required</i>				11 a.m. – Noon <b>Aqua Play</b> <i>limited lap swim lanes available</i>	
<b>1pm – 4 p.m. Pool CLOSED</b>	<b>Noon – 4 p.m. Pool CLOSED</b>	<b>Noon – 4 p.m. Pool CLOSED</b>	<b>Noon – 4 p.m. Pool CLOSED</b>	Noon-1:00pm <b>ATR</b> <i>registration required</i>	
4 – 6:15 p.m. <b>Swim Lessons</b> <i>registration required</i>	4:15 – 6:15 p.m. <b>VSC</b> <i>closed to the public</i>	4 – 6:15 p.m. <b>Swim Lessons</b> <i>registration required</i>	4:15 – 6:15 p.m. <b>VSC</b> <i>closed to the public</i>	1pm – 6:30 p.m. <b>Pool CLOSED</b>	11 a.m. – 5p.m. <b>Pool CLOSED</b>
6:30 – 7:30 p.m. <b>Deep Water Challenge</b> Kristen	6:30 – 7:30 p.m. <b>Public Swim</b>	6:30 – 7:30 p.m. <b>Deep Water Challenge</b> Kristen	6:30 – 7:30 p.m. <b>Public Swim</b> YOP Swim Option		



Subject to change. Visit [cityofvancouver.us/schedules](http://cityofvancouver.us/schedules) for holiday hours and inclement weather details.

Swim caps, goggles, ear plugs ear covers, wave gloves and locks are available to purchase at the Marshall Center front desk.

For information about Marshall Swim Lessons email [taylor.cochran@cityofvancouver.us](mailto:taylor.cochran@cityofvancouver.us)

For pool related questions email [james.fields@cityofvancouver.us](mailto:james.fields@cityofvancouver.us)



# Swim & Class Descriptions

## **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 with lifeguards on duty.

## **Aqua Conditioning Shallow & Deep**

Total body workout including cardio and strength training, core conditioning and stretching. Offered in both shallow and deep water formats. All levels welcome!

## **Aqua Fit Deep**

Class includes warm-up, whole body conditioning, aerobics and cool down stretching in deep water.

## **Aqua Fit Shallow**

Low impact aerobics class in shallow water using the resistance of the water to cushion the feet, knees, and back. Designed to improve strength, range of motion, and cardio endurance.

## **Bauman Family Swim**

This low-cost public swim is provided through a generous donation by Bauman Chiropractic and John and Debra Bauman and family. Wrist bands are available to purchase at the front desk one hour before swim begins. Children 15

and under must be accompanied in the water by a parent. Follows all other Public Swim rules.

## **Deeply Fit**

Take the plunge. Deep-water traveling and movements that 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 allow you to work at your own pace. Expect great results!

## **Individual Exercise**

Exercise on your own in areas not being used by classes. Must be 13 years or older.

## **Lap Swim**

Open to all skill and abilities levels. Must be 13 years or older. Lanes may have limited availability due to scheduled programs or classes.

## **Public Swim**

The entire pool and slide are available for play time. Children ages 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 and may be turned off at any time at the lifeguard's discretion. Any open lap lanes are circle swim only.

## **Shallow/Strength and Stretch**

Class combines Pilates, Yoga and Tai Chi to strengthen, 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 [cityofvancouver.us/swimlessons](http://cityofvancouver.us/swimlessons), or stop by the front desk.

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## 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).
- Lap lanes fill up quickly. Please share lanes if there are no open lanes. Lap lanes may be moved to accommodate other programs.
- 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. Marshall Community Center is not responsible for lost or stolen items.